SEE PAGE 28

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Your essential daily news | WEDNESDAY, AUGUST 10, 2016

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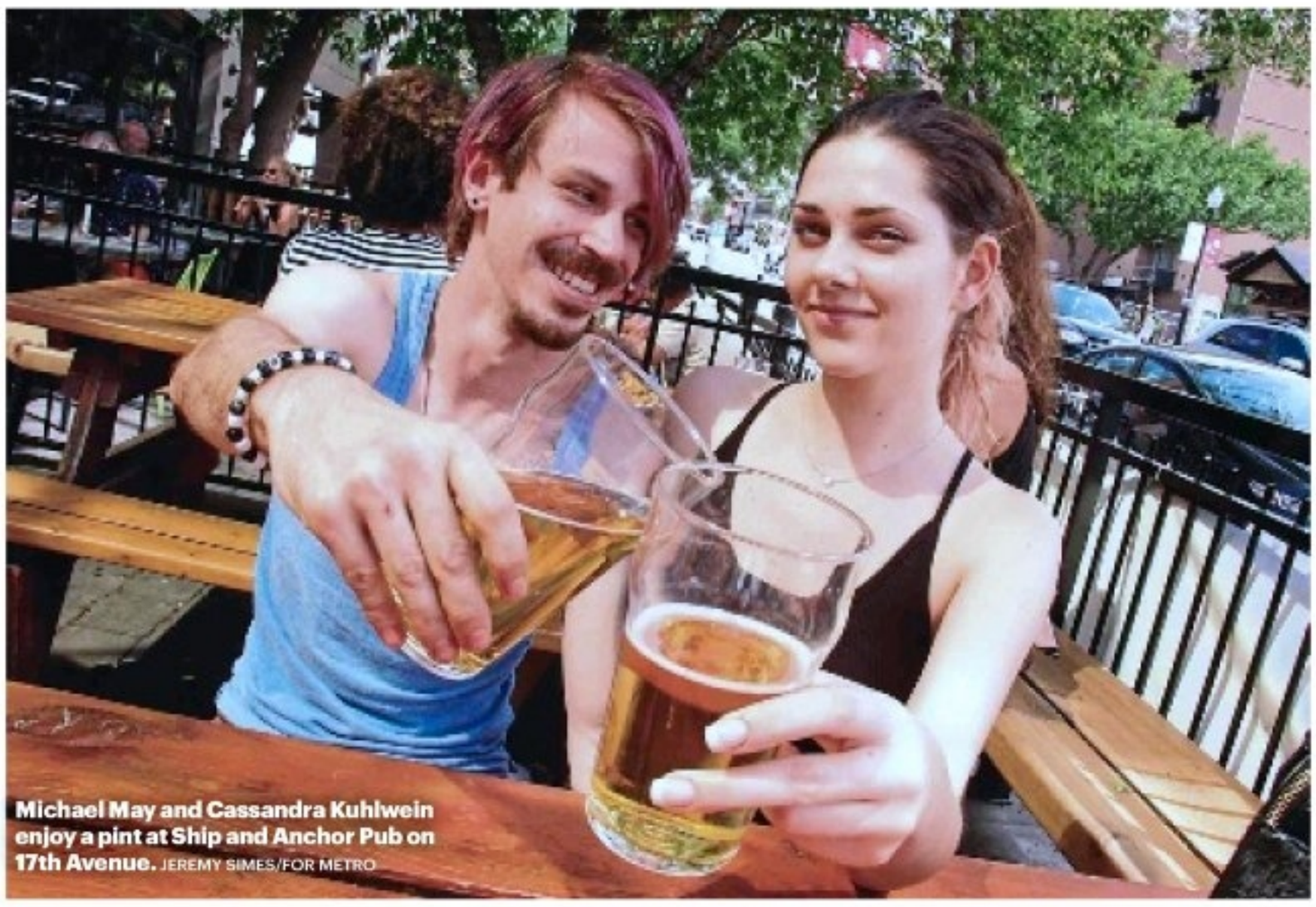

Michael May and Cassandra Kuhlwein enjoy a pint at Ship and Anchor Pub on 17th Avenue. JEREMY SIMES/FOR METRO

MORE HAPPY HOURS

Province drops time restrictions on bar patios metroNEWS

Bylaw rewrite all about that bass

FESTIVALS

Community standards update has low-frequency noise threshold

Helen Pike
Metro | Calgary

Calgary's bylaw officers don't give away tickets based on bad taste, but when complaints rolling in have more to do with the genre than the sound thresholds, something's gotta give.

The City of Calgary has hired the help of a sound engineering firm to include a "bass" noise threshold to the community standards bylaw. Currently, the city only measures sound on an "A scale" and once data is collected, they will have a reading on the "C scale" to point to when residents complain about house-shaking music.

"We've seen through research and history in past events that the main thing we want to measure is on the C scale," said community standards officer Sgt. Fausto Ricioppo.

He describes that as the "bass" thump noise that makes windows vibrate.

"A lot of people, when they complain, it's the type of music.... If you don't like the music, you're going to complain. You just don't want to hear that noise, period."

This summer, bylaw officers have been posted at festivals like the Calgary Folk Music Festival and Chasing Summer to take readings of how loud these music powerhouses go. In adjacent neighbourhoods, officers then read how loud the sound is when it gets to residential zones and feed data to the engineering firm.

They will do some complex math, look at safe noise science and come up with a threshold through the analysis.

Results will be presented to council in October with a new bylaw drafted and brought to law by 2017.

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Duffy says Senate officials approved newest housing expense claims totalling $1,691

Enjoying a measure of success

DEMOCRACY

Trudeaumetre creator gets global interest

Lucie Edwardson
Metro | Calgary

The idea of a Calgary man to hold Prime Minister Trudeau accountable for his election promises has taken international flight.

Dom Bernard is owner of Covosoft and creator of the Trudeaumetre — a non-partisan website that tracks the Prime Minister's election promises and allows citizens to enter into a dialogue about them.

"People are always commenting on promises that matter to them," he said. "There are some platforms out there that are more biased, but our website we made sure it was non-partisan — it's free and open to everyone."

It's not just free to Canadians either.

"People around the world have been contacting me," he said. "When that happens and someone from Argentina or India or wherever reaches out I just give them the code and the framework and say go ahead and do it."

Websites using Bernard's idea, code and framework have since popped up in Argentina, Sweden and Jamaica. Bernard said there will also be one launching shortly in India.

"I feel this truly is a democratic endeavour in the sense that we did this initially because we were interested in what's happening politically in our country," he said. "So, when people in other countries tell me they want to do the same thing, all the better if it will engage more people in politics there."

Bernard said the coding itself isn't the most complex, but said that's why people like it, for it's simplicity.

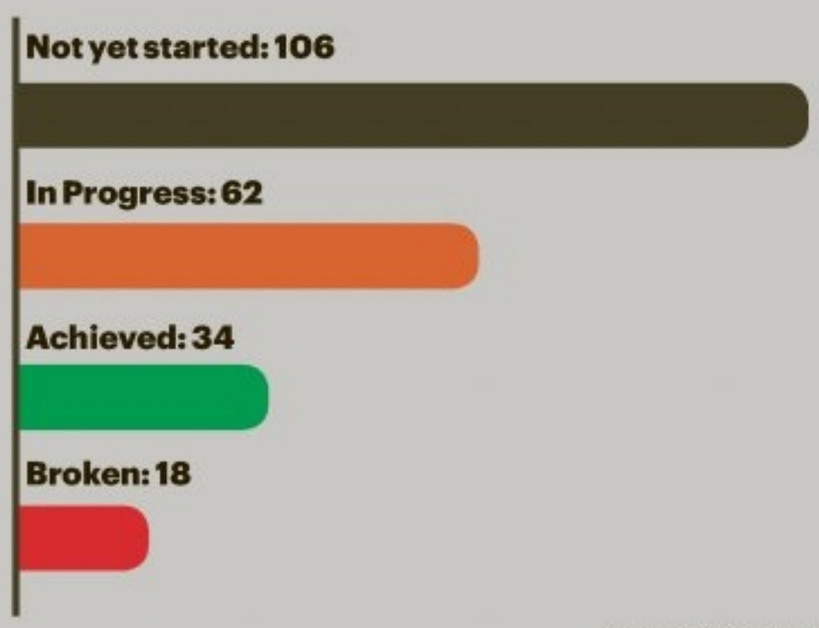
So far on Trudeaumetre, Bernard and his team have seen action on 114 out of 220 promises made by Trudeau.

No progress has been made on 106 of them, 62 promises are in progress, 34 promises have been achieved and 18 have been broken.

THE CANADIAN PRESS

TRUDEAUMETRE

Trudeaumetre shows that 106 of Trudeau's 220 promises have not yet started, 62 are currently in progress, 34 have been achieved and 18 have been broken. Courtesy Trudeaumeter



Days in office
280

GRAPHIC: ANDRES PLANA/METRO

CAR CRASH

Police seeking witnesses

One man is in life threatening condition following a car crash Monday evening and now police are seeking witnesses to help piece what happened together.

Around 7:30 p.m., Monday, a 2012 Dodge Ram 1500 truck, driven by a man in his 20s, was northbound in the 2400 block of 2A Street SE.

The 30-year-old male front passenger exited the vehicle while it was in motion. The truck came to a stop a short distance later. There was no physical evidence to indicate aggressive braking, accelerating or steering from the vehicle.

According to CPS, the front passenger sustained critical, life-threatening injuries. The driver was not injured.

Alcohol and drugs, in regards to the passenger, may have been factors in the collision.

Anyone who may have information about the incident is asked to contact the Traffic Section at 403-567-4000, or the CPS non-emergency line at 403-266-1234. METRO

COURT

Police investigates threats against justice officials

Calgary police have charged a man with making threats against justice officials.

On April 21, at about 11:20 a.m., a man was at the Calgary Courts Centre where he made intimidating statements to a Crown prosecutor during an ongoing court case. The statements included personal information about the prosecutor.

Troy Daniel Wouters, 40, of no fixed address, is charged with two counts of intimidation of a justice system participant. METRO

Joint investigation leads to a massive drug bust

LAW ENFORCEMENT

Efforts keep 50 million fatal carfentanil doses off streets

Lucie Edwardson
Metro | Calgary

If it weren't for a joint investigation involving the CBSA, RCMP and CPS, approximately 50 million potentially fatal doses of a drug known as carfentanil would be on the streets of Calgary.

Canadian Border Services Agency spokeswoman Ana Maria Coutu, who is chief of operations, said the package arrived in Vancouver from China on June 17, and was destined for a Calgary residence.

"CBSA officers at the Vancouver mail centre seized a package labeled as printer accessories originating from China," she said. "Upon inspecting the package weighing just over 1 kilogram officers noticed an unknown white substance."

Coutu said the substance was sent to the CBSA lab for analysis and results indicated it was carfentanil.

RCMP spokesman Inspector Allan Lai said a 24-year-old Calgary man named Joshua Wrenn was charged with one count of importation of a controlled substance and one count of possession for the purpose of trafficking a controlled substance.

Wren will appear in court next Oct. 19.

CPS Staff Sgt. Martin Schiavetta (left), CBSA chief of operations Ana Maria Coutu, and RCMP K Division Insp. Allan Lai show photos of the drug bust and hold a plate of salt indicating the amount of the drug seized. LUCIE EDWARDSON/METRO

100

Experts say carfentanil is 100 times more potent than fentanyl.

According to Lai, carfentanil is 100 times more potent than fentanyl and a minute dose of as little as 20 micrograms would be fatal to an average human.

"What's important to note is there is no known application where carfentanil would be safe for human use or consumption," he said. "It's unsure what the use of this was going to be when it was brought into our community."

Lai said fighting this war on drugs such as fentanyl and carfentanil is one of the RCMP's national enforcement tactical priorities. He said they plan to continue to work with other law enforcement agencies to fight it on all fronts.

"As law enforcement we did our job while working as a family and we will continue to do that," he said.

Staff Sgt. Martin Schiavetta said in studying analogs of the fentanyl they seize, they're beginning to see strains, such as carfentanil, that are increasingly toxic. He said currently the drugs are coming in from overseas, but there is worry things might localize in the future.

"Most of the clandestine labs are reprocessing labs where they're taking the fentanyl and reprocessing it into tablets," he said. "We're extremely concerned in the law enforcement family that we could see a domestic synthesis of fentanyl."

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PETER LOUGHEED CENTRE

Parking garage suicide being reviewed

Alberta Health Services (AHS) has launched a review after an inpatient took their own life two weeks ago by jumping from an upper-level parking garage at the Peter Lougheed Centre.

On Tuesday, Julie Kerr, senior operating officer for community, rural and mental health services in the Calgary Zone, said such incidents aren't frequent, adding the review will determine what could be done differently going forward.

But a similar incident occurred in 2006 and, after AHS reviewed that incident, it didn't follow through with a recommendation that called the health authority to renovate the parkade.

But Kerr said AHS chose to put money into programs instead, given that funding is stretched. "We certainly have had a good look province-wide at our parking lots, and there are things — infrastructure-wise — that we'd like to improve," she said.

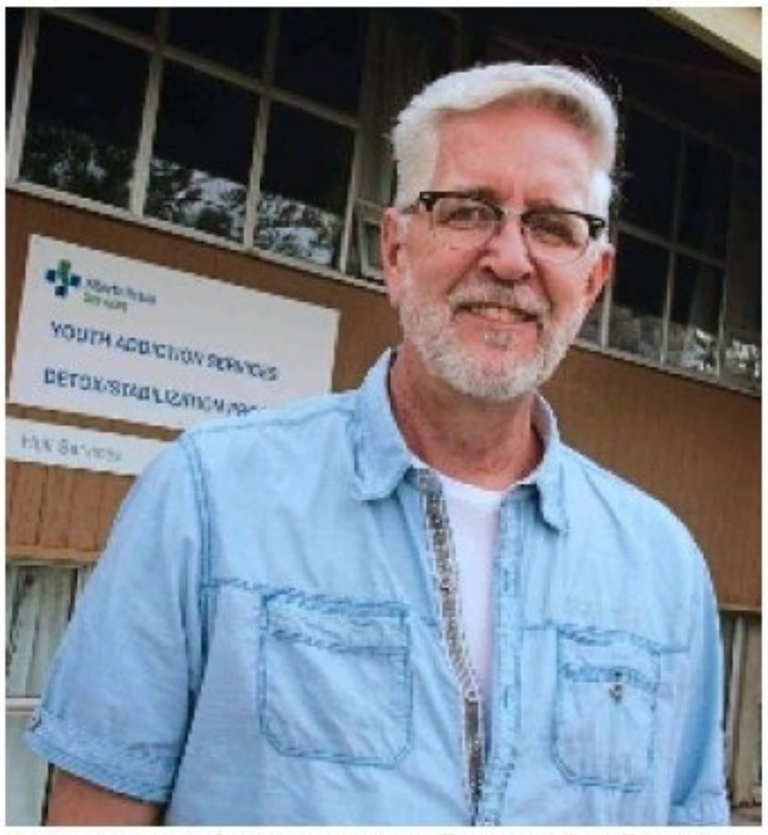
"Having said that, when resources are stretched, the question is: do you put your money into infrastructure to try to prevent the occasional incident, or do you put those resources into programs and services to support people having better outcomes so there will be fewer of those risks of incidents?"

But she said AHS will continue to review its infrastructure, adding that patients aren't prisoners as the goal is to have people living as freely as possible.

"These incidents are very tragic. It's a very sad event and our thoughts continue to be with the family and friends of that individual," she said.

She said AHS has also increased security measures, like CCTV cameras for monitoring to identify potential incidents, and new risk assessment policies for mental health inpatients.

JEREMY SIMES/FOR METRO



Bryan Hume, senior program co-ordinator with Hull Services, says new detox beds have made access for families easier.

JEREMY SIMES / FOR METRO

Detox beds reducing wait times

MENTAL HEALTH

Bed available now in one day from 13 days, a 92% drop

Jeremy Simes
For Metro | Calgary

Bryan Hume says it's difficult to see kids wait for mental health treatment because, when it comes to detox beds, Calgary has seen its fair share of being at capacity.

But that glut has lessened, he says, as Hull Services has seen wait times reduce by 92 per cent over the course of nine months, ever since three new detox beds, under the Protection of Children Abusing Drugs Act (PChAD), were added to the centre earlier this year.

"Considering the ongoing challenges of addiction space concerns for youth in the province, just having increased beds really results in a lot less wait time and easier access for families to get themselves connected with the program," said Hume, senior program co-ordinator with Hull Services.

In July 2016, Alberta Health Services (AHS) said the average wait time for a PChAD bed in the Calgary Zone was one day, a 92 per cent drop from 13 days in October 2015.

Funding three new beds at Hull Services was one of Alberta Health's six key priorities within its Mental Health Review, released in February 2016. The new beds bring the total count to nine, a 50 per cent increase from six.

Though three new beds doesn't seem like much, Hume said the additional spaces have had a huge impact for Hull's patients.

"I think just generally we're able to meet the needs of youth and families that have these kinds of issues," he said. "I think that it's great that there are three new beds, for sure."

The PChAD program is geared to help kids under 18 who are likely to cause significant psychological or physical harm to themselves or others, according to AHS.

PChAD lets parents or legal guardians ask the court for a protection order, meaning their children can be placed in a protective safe house for up to 10 days, even if they don't want to go.

In the program, parents are invited to get involved in the process while counsellors have a chance to assess children's substance use and provide recommendations to follow once they've been discharged.

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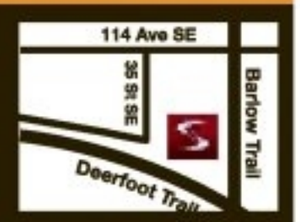

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Panel reviewing childcare rules

DAY HOMES

Group readies for when law is opened up for review

Lucie Edwardson
Metro | Calgary

The Alberta Childcare Association (ACA) said they've created a committee that is ready to review the province's childcare licensing regulations which expire at the end of October.

Manna Middleton, chair elect for ACA said the province hasn't officially begun a review.

"It's not officially open but we have started a committee that is ready to go when it does open up," she said.

Middleton said their committee is beginning with research — looking at things like the Muttart Foundation's work, and are also looking at what other provinces are doing that Alberta could adopt.

Metro spoke with Ryan McGrath, father of toddler Ceira McGrath — who died after going into medical distress at her Silverado day home, and whose caregiver now faces criminal negligence charges.

He said he's all for review and would like to see some of Ontario's legislation regarding unlicensed day homes.

"The changes there are recent," he said. "It's the idea of not having this regulated licensed business and an unregulated free-for-all."

Middleton said one thing that needs to happen is making society and parents aware of the differences between licensed day homes and daycares and what she referred to as "private babysitting."

"Licensed quality programs are regulated by the government, they're well supported and have to follow standards and procedures and have accountability," she said.

Middleton said the ACA also recognizes that waiting lists are causing issues.

"Especially in these large city centres we recognize a concern for parents," she said. "There are waiting lists and they're not able to find a program. We're really working with government to increase these spaces and make sure they're quality spaces."

McGrath said his family's biggest barrier initially when choosing a childcare facility for their twins was waitlists.

Middleton said increasing capacity, as well as the knowledge and ongoing education of adults working in childcare is the number one way to insure quality care for children. She also said programs making childcare affordable for all parents are needed.

Ryan McGrath's daughter Ceira Lynn McGrath died after being left to sleep in a car seat at her unlicensed day home last November. Her family is now fighting for legislation changes. He's shown here holding Ceira's twin brother Colby. METRO FILE

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What are you wearing this summer? If stubborn pockets of fat are affecting your wardrobe choices maybe it's time to stop hiding behind baggy shirts, get back into your skinny jeans, or put "little" back in your black dress. CoolSculpting™ lets you hit the beach buff and make peace with your two-piece. Lots of people have stubborn pockets of fat that are simply resistant to diet and exercise. Until recently surgical liposuction was the only option. Now there is Coolsculpting, a non-invasive medical procedure that freezes away fat!

The technology behind Coolsculpting was born in the 1970's from the simple observation that children who ate a lot of popsicles were developing dimples in their cheeks and women who were horseback riding in the winter were reporting fat loss on their inner thighs. Research determined that when fat is exposed to extreme temperatures for a specific period of time it will freeze, while other tissue remains unharmed. Now, that called for some further investigation! Surely this phenomenon could be put to good use! Thus, Coolsculpting was developed by Harvard Medical School. In a few short years Coolsculpting has proven itself and is quickly becoming a household name.

Research has shown that when fat cells are frozen they crystallize and undergo apoptosis. What this means in layman's terms is that the cold exposure causes the cells to die much the same as they would from natural old-age. The difference is that when cells die of old-age they replicate themselves first. In this case there is no time to replicate. The fat clears from the body gradually through its natural physiological processes.

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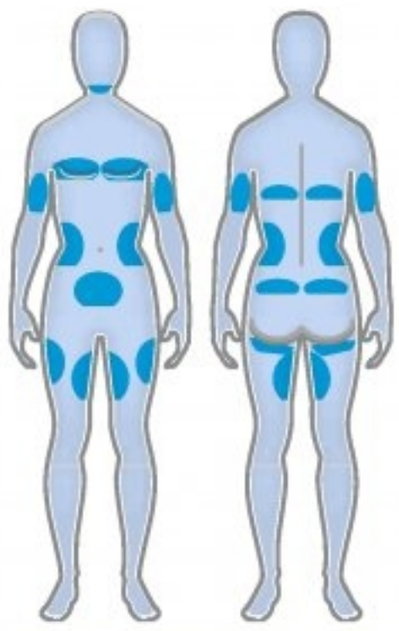

During a treatment a thin protective pad saturated with coupling gel is placed on the treatment area. This protects the skin from frostbite. Then the appropriate applicator is applied and you simply relax while the fat freezes which takes anywhere from 35 to 75 minutes depending on the area being treated. Application of any of the hand pieces is known as a cycle. How many cycles you need to achieve the result you seek will be determined at the time of your consultation.

Coolsculpting works well. If there were better body contouring technology available we would buy it. Instead, Skinpossible has recently purchased a third machines. This allows us to freeze up to perform three cycles at the same time. What this means for our patients is faster treatment times.

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Party on patios after midnight

NIGHTLIFE

Restaurants applaud elimination of restrictions

Jeremy Simes
For Metro | Calgary

Fewer lines, more employee work hours and increased sales may be in store for Calgary restaurants, after the Alberta Gaming and Liquor Commission (AGLC) shelved a 20-year restriction so patios can remain open after midnight.

The patio restriction, which was eliminated on Monday, was a result of the AGLC no longer mandating noise concerns as those rules now primarily fall under city bylaws, according to Bill Robinson, AGLC president and CEO.

"We're modernizing the liquor laws and the liquor policy, and this is one piece to that," Robinson said.

"This is a very good thing for stakeholders — matching the hours for the patio and the licence because, of course, it gives them an opportunity to plan more in their business and gives them an opportunity to be more strategic in rolling out their programs."

It also lets businesses better manage occupancy levels during peak hours, he added.

For Andrew Brassard, co-owner of Broken City, the removal of the restriction will mean the bar doesn't have to create a lineup around midnight.

He said when patrons move downstairs from the rooftop patio, they decrease the building's capacity, therefore causing the lineup outside.

"It's good because we don't need to shut down a good portion of the bar," he said. "We could also see more sales meaning we'd need more people working, which is good."

Jesse Shan, general manager of Blanco, also welcomed the regulation change.

Jesse Shan, general manager with Blanco, says the removal of old patio rules will create a more vibrant 17th Avenue.
JEREMY SIMES/FOR METRO

> **You may as well take advantage of the short two months to be outside.**
> Cassandra Kuhlwein

He said it'll likely encourage foodies to stay longer, which could drive sales and create a more vibrant 17th Avenue.

"It's crazy, but in a good way," Shan said. "It's going to create more of this synergy with all of these new restaurants in the area."

Cassandra Kuhlwein, who was enjoying a pint at the Ship and Anchor Pub on Tuesday afternoon, said the extended patio hours will make summer more enjoyable.

"They don't last very long," she said. "So you may as well take advantage of the short two months to be outside."

AGLC's Robinson said municipalities that don't have their own noise bylaws can request the AGLC impose conditions on an establishment to restrict patio hours.

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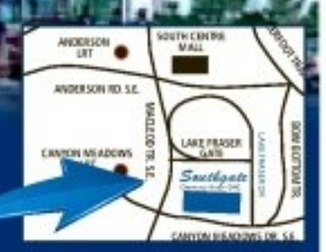

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Trevor Loose and Torey Celinskis make all the deliveries themselves as they hope to get to know their customers a bit better.
AARON CHATHA / METRO

Valet service for your stuff

STARTUP

YYC Storage takes your items, returns them as needed

Aaron Chatha
Metro | Calgary

YYC Storage is like a cloud-based storage system, but for the physical items you just don't have room for in your home or condo.

So while online you're logging into the cloud and downloading a work presentation or that old mp3 of Hanson's Mmm Bop (don't pretend like you don't have it), with YYC Storage you're logging into the app and selecting which of your golf clubs or jean jackets you'd like delivered back to your home.

It really is for the stuff you don't have room for, but don't want to get rid of either.

"One person is storing three tires with us — not a full set," said co-founder Trevor Loose. "And he's storing a rain barrel."

Loose and co-founder Torey Celinskis are mostly targeting inner city condo dwellers, who may not have any storage lockers — or square footage — to keep their belongings.

When a user signs up, the duo deliver boxes to their doorstep, which can be filled with whatever they wish – excluding firearms, perishables, dangerous items and pets.

They're aiming to provide a resource that's cheaper and more convenient than renting a self-storage locker.

"Most people don't have enough items to actually fill up one of those five by five storage units," Loose said.

"Those go for about $100 bucks a month. Our boxes are three cubic feet, and we charge $5 a month of each of those."

Bigger items, like snowboards and Christmas trees, run about $10 a month.

The items are catalogued and placed onto the app, and for a fee they can have individual items delivered back to their home within 24 hours.

For safety reasons, Loose and Celinskis are secretive about where their boxes are stored, and currently they're making all the deliveries themselves. They've only been active for three months, but say their user base is steadily growing.

For more information, visit yycstorage.ca.

> **Most people don't have enough items to actually fill up one of those five by five storage units.**
> Trevor Loose

METEOR SHOWER

Get out of town for stargazing

Brodie Thomas
Metro | Calgary

Experts say the annual Perseid meteor shower could be better than usual this year, and since it falls on a Friday night, you've got no excuse for missing it.

Meteors should be visible Thursday night as well, according to Jim Pake, chief technician at the University of Calgary's Rothney Observatory.

He said viewing won't be great in the city. He recommends getting as far away from city lights as you can.

"In the Ghost River, Waiparous area, the open meadows offer some pretty decent viewing," said Pake.

If not there, he said anywhere northeast of the city —away from urban lights — work. He recommends northeast, because that's the quadrant of the sky you'll want to watch most closely.

The Rothney Observatory won't be hosting any events. Encroaching light pollution means it's not the best spot for meteor shower viewing.

So, how do scientists know this year is likely to be better?

"Meteors are typically caused by dust left behind by comets," said Pake. "When the Earth orbits the sun, it tends to pass through these dust clouds. It just so happens that this year, the part of the dust cloud we're passing through is denser."

Predictions don't always come true, but the Perseids are one of the most predictable meteor showers, and viewers can count on one a minute on an average year.

If you go, Pake suggests making it a social evening.

He said it helps to have more people looking in slightly different directions. Dress warmly and bring a lounge chair or blanket.

"Just keep your eyes open — keep scanning the skies."

Ratepayers on hook for $600M: Study

ENERGY

Power contract return will cost customers less than NDP figure

A new paper says Alberta ratepayers will be on the hook for about $600 million in new losses if the provincial government takes on a group of unprofitable electricity contracts — not upwards of $2 billion, as the NDP has said.

The study released Tuesday by economists Andrew Leach and Trevor Tombe concludes that a typical household would face an additional $2.25 on their monthly power bills for the four remaining years on a group of coal power contracts that companies are trying to terminate.

Power distributors including Enmax, TransCanada, Capital Power and AltaGas are trying to return those contracts to the government-run power distributor known as the Balancing Pool, because they say the NDP's carbon regulations have increased their losses.

> **The average price before last year was about $65.**
> Trevor Tombe

But the government is going to court to challenge a clause that gives companies the right to terminate power purchase agreements if regulations make them "more unprofitable," rather than simply unprofitable.

The University of Calgary School of Public Policy paper by Leach and Tombe says that the total lost value on coal power contracts from lower prices and carbon regulations amounts to about $900 million, with $300 million of that coming from the Genesee coal plant for which the power distributor is already responsible.

The paper says about half of the lost value comes from new carbon regulations, while a significant drop in power prices makes up the other half.

"The average price before last year was about $65 (per megawatt hour), so a big drop in power prices," said Tombe.

He added the recent drop in wholesale power prices has meant that so far in 2016 the energy charges for the typical household are about $10 per month cheaper than 2015.

"One important take-away that I would want to communicate to the general public is that the reason why these (power purchase agreements) are losing money is precisely the same reason that you're saving money," said Tombe. THE CANADIAN PRESS

Deborah Drever worked on the legislation while she was kicked out of the government caucus. Those suffering domestic abuse can now break the contract without penalty. JENNIFER FRIESEN/METRO

LEGISLATION

Abuse survivors now able to break leases

Twice, Maria Fitzpatrick tried to leave a "horrific" abusive relationship. Twice, she was forced to return.

Women's shelters were only a temporary refuge. It was too expensive for the NDP member of the Alberta legislature to break her lease early and find a place of her own.

"I lived through nine years of horrific abuse at the hands of my ex-husband. The abuse left me with broken bones, black eyes and the heartbreak of two miscarriages," said Fitzpatrick, who was elected in May 2015.

"Money is one of the reasons people stay in abusive relationships."

> **They should not have to worry about the financial burden of breaking a lease.**
> Deborah Drever

Now others trying to escape domestic violence in Alberta can end their leases without financial penalty after changes to the province's rental legislation.

"This law removes one barrier, helping victims of domestic abuse escape from their tormentors," Fitzpatrick said Tuesday.

Calgary NDP member Deborah Drever, who said she has witnessed violence in her own family home, spearheaded the effort to amend the province's Residential Tenancies Act last fall with a private member's bill.

The legislation passed unanimously late last year and, following months of consultations, the changes became law this week.

"Survivors of domestic violence have to be able to move quickly," said Drever. "They should not have to worry about the financial burden of breaking a lease."

Under the new rules, certificates must be presented to landlords showing tenants are at risk if they're forced to stay.

Obtaining a certificate involves giving the Human Services Ministry an emergency protection order, peace bond or statement from a certified professional, such as a doctor, nurse, social worker or psychologist.

The province estimates about 60 to 100 certificates may be issued a year.

THE CANADIAN PRESS

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Outbreak hits warship at sea

MILITARY

Hand, foot and mouth disease aboard HMCS Charlottetown

A Canadian warship deployed at sea on a NATO mission has been hit by an outbreak of hand, foot and mouth disease, Torstar News Service has learned.

Some 20 sailors aboard HMCS Charlottetown came down with the contagious disease in recent days, which can cause painful sores and lesions on the tongue and gums as well as on hands and feet.

> **None of the cases have caused serious illness.**
> Capt. Nicola LaMarre

A military spokesperson confirmed the outbreak and said that personnel were being treated to ease the symptoms of hand, foot and mouth disease (HFMD).

"Members with HFMD on board HMCS Charlottetown are being treated to help alleviate their symptoms as required," Capt. Nicola LaMarre said.

The frigate sailed from Halifax on June 27 to take part in Operation Reassurance, Canada's contribution to NATO deterrence deployments in Eastern Europe.

In mid-July, the ship was in the Black Sea where it participated in NATO operations, including exercises to hone anti-submarine warfare skills.

It's back in the Mediterranean Sea and spent the weekend docked in Souda Bay, on the Greek island of Crete, for a scheduled port visit.

As HMCS Charlottetown returned to sea Tuesday, there were just two active cases of hand, foot and mouth disease on the frigate, LaMarre said.

"None of the cases of HFMD on board HMCS Charlottetown have caused serious illness or impacted operations. All of the members are being treated by the medical personnel on board the ship in accordance with established medical protocols," she said. TORSTAR NEWS SERVICE

MEDICAL CARE

Canadian frigates, which sail with a crew of just over 200, don't usually carry a doctor.

- Medical care is provided by a physician's assistant, who can consult with doctors onshore.
- There is no specific treatment for hand, foot and mouth disease, though medication can relieve the symptoms.
- It can be spread by coughing, sneezing and touching infected surfaces.

Sailors aboard HMCS Charlottetown have come down with a disease that can cause sores and lesions on the tongue and gums as well as on hands and feet. ANDREW VAUGHAN/THE CANADIAN PRESS

LGBTQ Ugandans swim free

EDMONTON

Team set to compete in championship for first time

Alex Boyd
Metro | Edmonton

When the police raid started, Adebayo Katiiti was on a nightclub runway, about to hand over his crown to Uganda's new Mr. Gay Pride.

"They started grabbing people, beating trans women, beating trans men, beating us up," he said. "It was really too much."

That was last week.

This week, the personal trainer and football player is in Edmonton as part of a five-person Ugandan team competing in the International Gay and Lesbian Aquatic championships for the first time.

It's an abrupt change of scenery.

"Whenever I think about it, I even dream about it, it is always on my mind," he said of the raid. "At least bringing me here to the competition, it's going to make me feel calm."

Ugandan LGBTQ swimmers in Edmonton for international competition are thrilled to be seen as equals. KEVIN TUONG/FOR METRO

This year's championships have attracted 400 athletes from 10 countries to the city, where they'll face off in events like swimming, diving and water polo. But if it's about athletics, it's also about bringing together a community that still faces widely different circumstances worldwide.

"Sports are really important (and) what better way to show we can participate?" event co-chair Mike Stansberry said at a roundtable Monday. "Sports unite people."

This is the first time a Ugandan team has been able to take part in IGLA.

While team members point out their country has a vibrant LGBTQ scene, same-sex activity is punishable by up to 14 years in prison, which has made public activism difficult.

The east African nation is one of the 74 countries where same-sex relationships are illegal, according to the International Lesbian, Gay, Bisexual, Trans and Intersex Association.

> **Bringing me here to the competition, it's going to make me feel calm.**
> Adebayo Katiiti

HEALTH AND SAFETY

Federal buildings falling apart

Officials warned the government late last year that without a significant boost in repair funds, aging and crumbling federal buildings could soon become unfit for workers and jeopardize health and safety.

The situation outlined in briefings to Public Services Minister Judy Foote in November, shortly after the Liberals took office and Foote took up her ministerial posting, appeared dire.

The department was so cash-strapped that it could no longer pay for building inspections used to uncover health-and-safety risks and identify required repairs.

Utilities and services could stop without additional funding, say the documents, obtained under the Access to Information Act.

In the last fiscal year, officials calculated they needed at least $200 million to cover a budget shortfall and operate at minimal service levels.

THE CANADIAN PRESS

PORTUGAL

Wildfire burns homes

A major forest fire in Portugal's Madeira Islands forced the evacuation of more than 400 people and left 174 others seeking medical treatment, officials said Tuesday.

The wildfire encroaching on the capital Funchal is now under control and cooler temperatures forecast for Wednesday are expected to help put it out, the head of Madeira's regional government, Miguel Albuquerque.

Albuquerque told a news conference that most of those needing treatment had inhaled smoke and only one person was severely hurt, with burns. He said at least 27 homes were left uninhabitable on the island off Africa's northwest coast.

Other wildfires have raged for several days on the Portuguese mainland. By Tuesday evening, fire officials said seven major blazes in the countryside were out of control.

The National Civil Protection service said just over 4,000 firefighters supported by 26 water-dumping planes and 1,262 vehicles were attending 149 blazes of varying sizes across the country.

The month of August, when temperatures are high, winds blow strongly and woodland is parched, is traditionally the peak time for wildfires in Portugal and other southern European countries. Portuguese officials say fires are often started deliberately and spread quickly because forests are not cleared of dead wood.

Flames licked at homes around Funchal, casting a smoke plume over the downtown, according to video broadcast by cable news channel S.I.C Noticias. Frantic locals used garden hosepipes and buckets of water to keep the flames at bay as wind blew embers across roads.

THE ASSOCIATED PRESS

REFUGEE CRISIS GERMANY BRACES FOR MIGRANT FLOOD Germany is expecting to receive 800,000 migrants and refugees this year and is struggling to cope with the record number. 1 German Chancellor Angela Merkel, seen posing for a selfie with a migrant from Syria, visited several facilities for migrants Tuesday, including an application centre for asylum-seekers, a school with welcome classes for migrant children and a migrant shelter. 2 A young migrant boy from Syria blows soap bubbles as other migrants seeking asylum in Germany wait to register at the Berlin office, one of many across Germany where migrants receive initial registration papers before they are sent to shelters. SEAN GALLUP/GETTY IMAGES

Christians say defeating Daesh won't make Iraq safe for them

REFUGEES

Minority groups speak of uncertain future

As operations to retake the militant-held city of Mosul ramp up, Iraqi Christians displaced from the area by Daesh say that even if the militants are defeated militarily, the country will not be safe for minorities.

Qaraqosh, the biggest Christian town on the Nineveh plains in Iraq's north, fell to Daesh more than two years ago and remains under militant control. Most of its displaced inhabitants are living in camps in Iraq's Kurdish region. Hundreds of others fled to neighbouring countries, Europe, the United States and further afield.

On the edge of Irbil's historically Christian neighbourhood of Ankawa, 1,200 identical white trailers arranged in neat rows shelter some 5,000 people. A handful of families here say they will return home the day their town is liberated. But many say they would rather leave for abroad. Despite the string of military defeats suffered by Daesh, they say the militants' incursion into Iraq has thrown the future of the country's minority groups into further uncertainty.

Raad Bahnam Samaan's son looks out the window as his sister stands by the caravan where their family has been living in Irbil, Iraq, since they fled Qaraqosh two years ago. THE ASSOCIATED PRESS

"If organized migration were possible, then I can say that 90 per cent of the inhabitants of this camp would leave," said camp manager Father Emanuel Adel Kelo.

Raad Bahnam Samaan, his wife and five children fled their home in Qaraqosh in early August 2014, joining the 150,000 Iraqi Christians who left towns and villages around Mosul for areas under Kurdish control. In the face of the Daesh advance, Kurdish forces — known as the Peshmerga — largely withdrew from the outskirts of Mosul, and the towns and villages fell rapidly into the militants' hands.

Christians once constituted a sizeable minority in Iraq but their numbers have dwindled since the 2003 U.S.-led invasion as many have emigrated to the West to escape violence.

THE ASSOCIATED PRESS

ROYAL FUNERAL

Body of ex-king's wife back in Romania

Former Romanian King Michael I and his wife Anne seen at Peles Castle, in Sinaia, Romania in 2008. THE ASSOCIATED PRESS

The body of Anne of Romania, the wife of the country's ex-king, arrived in Bucharest Tuesday for the biggest royal funeral in almost 80 years.

Anne married King Michael six months after communists forced him to abdicate in December 1947. She did not visit Romania until she was almost 70, and never learned to speak the language. Her Aug. 1 death in Switzerland aged 92, however, has provoked an outpouring of grief in the East European country where she is commonly known as Queen Anne. A day of mourning has been proclaimed in Romania and neighbouring Moldova.

Anne's coffin is now at the 19th-century Peles Castle, the royal family's former home.

Michael, who is 94 and has cancer, will remain at the family home in Switzerland and miss the funeral at the Curtea de Arges cemetery of the royal family on Saturday.

THE ASSOCIATED PRESS

DIPLOMACY

Putin, Erdogan agree on mending relations

Turkey's president cozied up to his "dear friend" Vladimir Putin on Tuesday in a visit to Russia intended to send a message to his allies in the West, whom he blames for what he considers a lack of support after a failed coup.

President Recep Tayyip Erdogan has pressed the United States to extradite the man he claims was behind the failed insurrection, and has sought more funds and visa-free travel from the European Union.

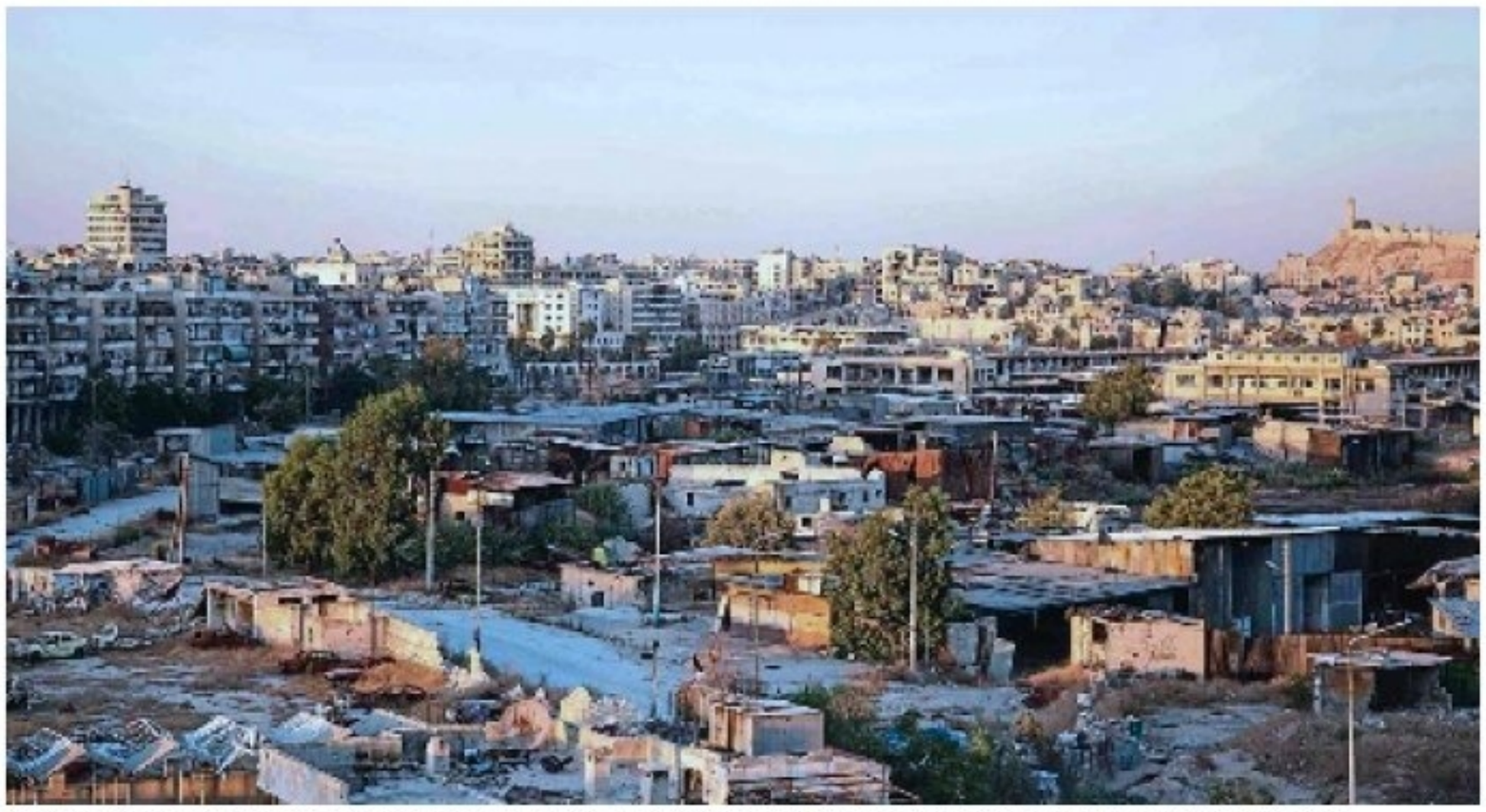
Putin, in turn, expects Turkey to become more accommodating of Russia's interests in Syria and move faster on major energy projects. After their talks, both leaders emphasized their shared desire to rebuild ties, but it remained unclear if they could reach common ground on the Syrian crisis.

THE ASSOCIATED PRESS

Aleppo in dire situation

MIDDLE EAST

Besieged city in Syria is home to more than 250,000 people



Karaj al-Hajz corridor in the rebel-held part of Aleppo, leading towards the government controlled area of the Masharqa neighbourhood in the background. AFP/GETTY IMAGES

Experts painted a graphic portrait of barrel bombings, attacks on medical facilities, chemical weapons use and the ongoing suffering inside the besieged Syrian city of Aleppo, shaming the international community for its inaction at an informal Security Council meeting organized by the United States.

Dr. Zaher Sahloul, a Syrian-American doctor from Chicago, told the meeting held Monday that medical facilities in eastern Aleppo are routinely targeted, creating a situation where people are dying from treatable conditions for lack of medical care and basic supplies.

Sahloul said he asked a nurse there what she wanted most from the United Nations and she replied that she wanted help evacuating a 10-year-old girl named Shahd who was wounded by a barrel bomb and is now dying due to a shortage of medicine.

"We don't need condemnations, prayers or pointing fingers, we had enough of that. I ask you to meet the people of Aleppo and see them as humans. I have one request, besides saving Shahd, visit Aleppo yourself and meet with its doctors, nurses and patients. If three doctors from Chicago were able to do that, you can do it," Sahloul told diplomats.

Sahloul then showed slides showing women and child victims.

Currently, more than 250,000 people are besieged by government forces in the eastern part of Aleppo, a city that has been divided into rebel and government-controlled parts since 2012.

The government completely closed the main road into the rebel-held areas of Aleppo on July 17, effectively cutting off all supplies and exit routes.

Rebels breached the Syrian government siege on opposition neighbourhoods in Aleppo on Saturday, opening a corridor in the south and marking a major military breakthrough, but observers said civilians still don't have a safe route out because of intense airstrikes and shelling in the area.

UN officials in Syria also urgently called for a humanitarian pause to repair Aleppo's damaged water and electricity infrastructure and provide aid to those trapped in the eastern part of the city.

"Water available through wells and tanks in Aleppo is not nearly enough to sustain the needs of the population. The UN is extremely concerned that the consequences will be dire for millions of civilians if the electricity and water networks are not immediately repaired," said the statement signed by Yacoub El Hillo, UN resident co-ordinator for Syria, and Kevin Kennedy, regional humanitarian co-ordinator for the Syria crisis.

"At a minimum, the UN requires a full-fledged ceasefire or weekly 48-hour humanitarian pauses to reach the millions of people in need throughout Aleppo," the statement continued.

Abdullah Nawhlu, a member of Syrian Civil Defence, a neutral and impartial humanitarian group, speaking by video from Aleppo, described a dire situation with rapidly dwindling stocks of food and fuel, not to mention medical supplies.

"If the siege of Aleppo continues … greater humanitarian disasters will happen, as there will be no medicine for the injured and no flour for people to bake with," Nawhlu said as a constant barrage of gunfire could be heard in the background.

THE ASSOCIATED PRESS

BY THE NUMBERS ALEPPO IN CRISIS

250,000	35	15
The number of people besieged by government forces in Aleppo, Syria.	The number of physicians remaining in the city.	The number of health care facilities attacked in Aleppo in July alone.

+ UN RESPONSE

Meanwhile, the UN and its partners said they are "ready to roll" with aid to Syrians, but the deteriorating security situation in the country is keeping it from being delivered. Undersecretary-General Stephen O'Brien said the risk "has been too grave, too difficult."

ITALY

Pasta with a side of humanity

Police in Rome have come to the "rescue" of an elderly, quarrelling couple by cooking them two plates of pasta.

The 94-year-old man and the 89-year-old woman – married for nearly 70 years – were shouting and crying recently at their home in an apartment building in the Appio neighbourhood of Rome.

According to a police statement posted to Facebook, the couple, named Jole and Michele, told the police they were lonely. No one had visited them in a long time.

Jole in particular was upset at the stream of bad news she watched on the TV each night.

"Attacks, child abuse … Jole wonders why there is so much evil in the world," the Facebook post said. "Sometimes the loneliness melts into tears."

The post said the four officers realized there was no crime in progress and no forms to fill out. The couple were just "two souls" who needed reassurance.

So the officers set to work treating them to dinner, using the couple's tiny kitchen and what ingredients they had at their disposal: spaghetti, butter, cheese plus a "precious ingredient — all their humanity."

One officer cooked at the stove while the other three set about to entertain their new friends, the statement said.

And the couple ate with gusto.

THE ASSOCIATED PRESS

Jole, 94, and Michele, 89

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump. GETTY IMAGES

U.S. ELECTION

Trump makes crack about armed citizens stopping Hillary Clinton

Even by Donald Trump standards, this was a surreal campaign controversy.

After suggesting for days that the election might be stolen from him, the Republican nominee Tuesday appeared to joke about armed citizens stopping his opponent Hillary Clinton.

Democrats called his language dangerous. Trump said his remarks at a rally were misinterpreted. Republicans lamented another wasted campaign day stuck in controversy.

> If she gets to pick her judges, nothing you can do, folks. Although (with) the Second Amendment people, maybe there is. Donald Trump

Trump was lamenting to supporters about what might happen if his opponent won and reshaped the Supreme Court with liberal judges, who would then undo constitutional gun rights: "If she gets to pick her judges, nothing you can do, folks."

"Although (with) the Second Amendment people, maybe there is, I don't know."

That reference to the constitutional right to bear arms prompted very different interpretations — ranging from some who saw it as an innocuous call for gun owners to organize politically, to others who saw it as a joke about insurrection, to those who saw it as a crack about political assassination.

THE ASSOCIATED PRESS

Healthy food boosts sales

RESTAURANTS

Fast-food operator A&W expanding across Canada

Thanks to a focus on food quality and customer experience, A&W is now expanding rapidly in Canada. THE CANADIAN PRESS

Bolstered by an ongoing strategy to beef up its food quality and customer experience, A&W is now expanding rapidly in Canada despite the challenging environment fast-food giants face.

While some market leaders appear to have stumbled navigating changing consumer demands for healthier foods made up of more high-quality ingredients in recent years, A&W has continued to post record strong growth, according to food analysts.

For its 2015 financial year, the fast-food operator reported same-store sales growth of nearly eight per cent, said Elizabeth Johnston, equity research associate for Laurentian Bank Securities. That's higher than most of A&W's quick-service competition, which has recently ranged anywhere from negative one per cent to five per cent.

McDonald's Canada, by way of comparison, recorded several years of sliding sales figures and operating profits before marginally beginning to post improvements in 2016, according to estimates by industry research firm IBISWorld's April report on the Canadian fast-food restaurant industry.

A&W, however, has been ahead of the curve by incorporating higher quality ingredients in its food, said IBISWorld industry analyst Andrew Alvarez, "which has helped them significantly."

In 2012, the chain started serving up beef from cows raised without the use of hormones or steroids. The company followed that up with chicken and pork raised without the use of antibiotics, and eggs from hens fed a diet free of animal byproducts.

"These items speak to a changing demographic, a younger demographic for whom this quality is a focus," said Johnston. "Maybe they don't eat quick service or fast food all the time, but when they do they're making a choice to eat at A&W."

Since A&W opened its first restaurant in Winnipeg in 1956, the chain has grown to 858 Canadian locations as of June 19, according to its first quarter report for the 2016 financial year. THE CANADIAN PRESS

AIRLINES

Delta systems still slow

Delta Air Lines said Tuesday that some computer systems the airline uses to check in and board passengers as well as dispatch its planes are still working slowly more than a day after an outage crippled the airline and led to more than 1,500 cancelled flights.

Gil West, Delta's chief operating officer, offered Delta's most detailed explanation yet of what happened to trigger the outage: A critical piece of equipment failed at the airline's Atlanta headquarters, causing a loss of power, and key systems and equipment did not switch over to backups.

Delta cancelled more than 1,000 flights Monday and more than 500 Tuesday.

THE ASSOCIATED PRESS

market minute

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LENDING

Instalment loan debt rising faster than others: TransUnion

BY THE NUMBERS DELINQUENCIES

7.6% Rise in delinquencies year-over-year to 3.6 per cent of all instalment loans.

2.4% Drop in delinquencies on more traditional products such as lines of credit to 0.8 per cent of all loans.

Debt levels on short-term, high-risk instalment loans grew by 6 per cent in the second quarter of 2016, double the pace of more traditional loans, suggests a TransUnion report to be released Wednesday.

TransUnion's Industry Insights Report for the second quarter found balances and delinquencies on instalment loans rose significantly from 2015 to 2016, outpacing the average across all types of loans studied, including auto loans, credit cards and lines of credit.

Instalment loans are often offered by alternative, non-bank lenders to consumers who do not qualify for more traditional bank loans because their credit has been damaged. Some carry interest rates as high as 59.9 per cent, just shy of the 60-per-cent rate considered illegal in the Criminal Code.

The loans, a relatively new way to borrow in Canada, usually range from $500 to $10,000 and are paid back over time on a scheduled basis — typically over one to three years.

Balances on the average instalment loan rose 6.3 per cent to $24,021 in the quarter. By contrast, balances for lines of credit shrunk 0.03 per cent to $29,649.

"I think this is a credit demand and supply issue," said Jason Wang, TransUnion's director of research and analysis in Canada.

Wang added that he is concerned that delinquency levels — loans that are 90 or more days past due — have risen on instalment loans in the past year, though that's largely concentrated in Alberta and tied to the downturn in the oil sector.

Delinquencies rose 7.6 per cent year-over-year to 3.6 per cent of all instalment loans.

While that is still relatively low, it is much higher than delinquencies reported on more traditional products such as lines of credit, where delinquencies fell by 2.4 per cent to just 0.8 per cent of all loans.

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* Movie by Kai Caboalyns a.k.a. Wabi Sabi Libra

August 18
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- Try dehydrating peaches.
- Grill peaches on low and serve with ice cream.

For more peach ideas visit communitynaturalfoods.com/articles/5-ways-to-get-the-most-out-of-bc-peach-season

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Peach Lime Salsa

10 Roma tomatoes

2 large peaches

¼ cup red onion, minced

1 Tbsp coconut sugar or agave

1 poblano pepper

4 cloves of garlic

¼ cup cilantro leaves

Zest and juice of 1 lime

DIRECTIONS:

Preheat BBQ to 400°F and brush grill with oil.

Cut the tomatoes in half and season lightly with salt before placing cut side up on the grill. Cut the peaches in half and place them cut side down on the grill. Put the poblano peppers on whole.

Remove the peaches once grill marks have formed. Allow the tomatoes to continue cooking until they have reduced in size and the skins begin to blacken, 5-10 minutes. Leave the pepper on until the skin is almost completely black, 10-15 minutes.

Remove skin from peaches by placing in a bowl covered in cling film for 5 minutes to allow steam to loosen the skin. Gently rub the surface with a clean cloth or paper towel until all skin is removed. Repeat with peppers. Removing the skin from the tomatoes is optional.

Dice all of the grilled vegetables and toss together with the remaining ingredients. Let marinate in the refrigerator overnight for maximum flavour.

For more recipe ideas visit communitynaturalfoods.com/recipes

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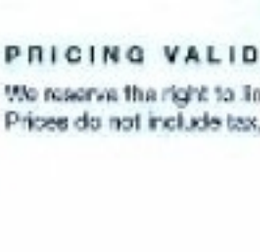

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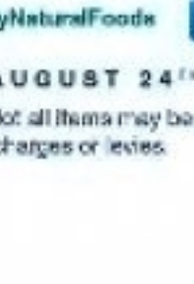

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metro VIEWS
Your essential daily news
Wednesday, August 10, 2016

ROSEMARY WESTWOOD
ON CAMPUS SEXUAL ASSAULT

A new report obtained by Metro suggests that Ontario's widely lauded sexual assault law, which has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

If you had any doubt that Canadian universities are woefully ill-equipped and objectively ineffective at dealing with sexual violence, we now have research to prove it.

It's a fact that media investigations have revealed in recent years that sexual violence advocates and survivors know all too well.

And it's now borne out by the most comprehensive report on experiences of campus sexual violence completed in this country.

"The Response to Sexual Violence at Ontario University Campuses," a scathing, 56-page research report, has been obtained by Metro. The result of an independent investigation funded by the Ontario government, it calls for a "massive change" in how schools handle sexual violence, says principal investigator Dawn Moore, an associate professor of law at Carleton.

The report singles out five distinct, broad areas of concern and makes 18 specific recommendations to fix them, including the creation of anonymous sexual-violence reporting systems on campuses and an independent, community-based oversight body to review universities' responses to sexual violence.

Perhaps most troubling for governments seeking to legislate change, the report suggests that Ontario's Bill 32, the widely lauded sexual assault policy that has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

The five major findings:

1. There are pervasive rape myths on campuses, and staff often blame victims or discount their stories. The common university "risk-management approach" frames survivors as a problem to be solved

2. Survivor-centred policies, while intended to give victims of sexual violence agency, actually function to silence and minimize rape on campus

3. "Institutional silos" at schools create a "frustrating bureaucratic nightmare" for survivors and, at worst, "justify inaction by respective units throughout the university"

4. A broad lack of education for students and training for staff on healthy sexuality and sexual violence perpetuates rape myths

5. Survivor resources are both difficult to access and poorly staffed.

Over four months, from this past March to June, the research team completed an extensive review of existing literature, and noted a disturbing lack of comprehensive campus sexual-violence studies in Canada. They conducted site-specific research at three universities — Carleton, Lakehead, and Waterloo — where they interviewed sexual-assault survivors, administrators and service providers, campus security and police, and students. What surfaced was an insidious and widespread systematic failure to make campuses safer and support those who are harmed by sexual violence.

"A defining feature of university responses to sexual violence is the absence of formal reports," the researchers concluded — a fact that administrators attribute to the wishes of survivors who prefer "informal remedies." Not only do those remedies often prove lacking, but the lack of formal reports deliver a silencing effect, giving schools an excuse not to collect data that would more accurately represent the prevalence of sexual violence.

When survivors do report, they feel "bounced around" between "sexual assault centres, equity offices, health and counselling, academic support services, deans and VP students as well as campus security," none of which "appear to be in conversation with each other, even when it was about individual cases," the report concludes. The researchers found no system to monitor disclosures of sexual violence, and no system for consistent information sharing at any of the schools. In effect, no one is tracking perpetrators.

Better reporting is a cornerstone of the Ontario Liberals' new bill on sexual violence on campus, and then B.C.'s and Manitoba's. But while the report certainly calls for a more streamlined process, it also suggests universities should "move beyond" this effort and "concentrate more on service provision, informal remedies and the prevention of sexual assault."

Since so few survivors want to make formal reports, schools have a better shot at serving them via counselling and health services, academic help and safety plans that help survivors avoid their abusers, researchers concluded.

Dawn Moore, the principal investigator, said she's cautiously optimistic the report will be translated into on-the-ground changes, and she cited this particular cultural moment around sexual assault: "In the 20 years I worked on violence against women, this is the first moment in history where I've felt like maybe we have a chance," she said.

To that end, a spokesperson for the Ministry of Community Safety and Correctional Services, which is reviewing the report, told Metro, "This research may help us identify gaps and potential best practices and support the development of tools to improve police responses and investigations across the province."

At the highest level, Moore said, she hopes the report forces "universities to stop thinking about sexual violence as a risk to be managed."

And at the very least, it's given lie to years of lip service that universities are doing all they can to help survivors of sexual violence, and end campus rape.

PROGRESS? A student wears a "No means no" badge at a rally at Saint Mary's University in 2013. A new report has dealt scathing rebukes at government reforms aimed at curbing rape culture at Canadian universities. THE CANADIAN PRESS FILE

Liberals' economic goals depend on world forces

Paul Wells

But enough of summer silly-season stories. Justin Trudeau's biggest problem isn't that he has spent August wearing only half his clothes. It's that Canada has spent 2016 wearing only half its economic growth.

The other day I caught up with a Liberal who's involved in preparing next spring's federal budget. It's supposed to be the fun one. New governments' first budgets are normally delivered within only a few months after an election by rookies unsure of their roles, offering only tweaks to the previous government's assumptions and work habits. With the second budget, a government can begin to etch its philosophy into the books.

Finance Minister Bill Morneau's budget next February or March will lay out the details of Phase Two of the government's infrastructure plan, dozens of billions of dollars in new money for high-profile city-building projects, big new transit projects, and the like. Other measures should describe the transition to a lower-carbon, higher-innovation economy. All of this is what the Liberals suppose they were elected to do.

So why was my acquaintance so glum? Low growth.

"We say that everything we do, taken together, will add a point to GDP growth," this person said. "Well, first, we'll see whether we can do that. But, second, it depends what level of growth we're given by the global economy. ... It doesn't help all that much if that means growth goes from 1 per cent to 2 per cent."

When the Liberals wrote their election platform in the spring of 2015, the Bank of Canada was projecting 2.5 per cent GDP growth for 2016. By last October, the bank had cut the projection to 2 per cent. Last month, the bank revised down again, to 1.3 per cent.

Compare and contrast. For four wild years at the end of the 1990s, from 1997 to 2000, GDP growth soared between 4 and 5 per cent. Those were the days when Jean Chrétien and Martin launched the Canada Foundation for Innovation and the Vancouver Agreement, cut income taxes by an amount comparable to Stephen Harper's later GST cut, and still managed to sharply increase cash transfers to the provinces.

Those heady achievements were fuelled by collapsing interest rates, the first internet tech boom, and the happy coincidence that Ontario was tucked into the middle of the United States during a rampaging economic recovery.

None of this can be said today. Interest rates aren't going much lower. There's a sense that tech has coughed up all the productivity gains it could have offered. And while Hillary Clinton's election seems likelier every day, she has no magic plan to boost growth in our largest export market.

There is only so much any Canadian government can do to influence the country's economy; we are captive to world trends. And sharply limited growth would put a low ceiling on all the Trudeau government's aspirations.

In two weeks Trudeau's cabinet will travel to northern Ontario for the third in a series of quarterly retreats. The first two were relaxed and upbeat. This one will have an edge. The boss plainly took care to ensure he enjoyed his summer. Here's hoping the rest of them did too. Recess is over.

Paul Wells is a national politics columnist for the Toronto Star.

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A look behind mushroom magic

CONSUMER KNOWLEDGE

Company says it can block bitter taste — is that possible?

Genna Buck
Metro Canada

It's a simple, smart business idea that addresses a real need.

ClearTaste, an odourless, tasteless food additive derived from mushrooms, blocks the action of bitter taste receptors on the tongue, making bitter, sour, and astringent foods more palatable.

Adding it to naturally bitter foods like chocolate, according to the Colorado-based producer, MycoTechnology, allows the sugar content to be reduced by 50 to 90 per cent.

In an interview, MycoTechnology's marketing director Josh Hahn declined to describe ClearTaste's chemical composition, exact mechanism of action, or, citing trade secrets, the types of mushrooms it contains.

And the company's scientists haven't published any peer-reviewed research yet, although they're at work on a paper now.

This poses a bit of a pickle for consumers. Without much information to go on, it can be hard to evaluate whether a product's claims are supported by sound science.

ClearTaste is already on the shelves in U.S. processed foods, and it's expected to arrive in Canada as soon as this fall.

Marketed as a "universal bitter blocker," a boon for diabetics and healthy eaters, ClearTaste has been the subject of some breathless media reports.

"Researchers have finally discovered the key to naturally stripping sugar from all our foods," gushed Atlantic Media's Quartz site. "This All-Natural Solution Could Curb Our Sugar Addiction," enthused PSFK.com.

But Dr. Prashen Chelikani, a professor of oral biology who runs at lab at the University of Manitoba that develops bitter blockers, had a word of caution about the phrase "universal bitter blocker."

"In humans we have 25 bitter taste receptors," he said. "If it's blocking all 25, they can classify it as a universal bitter blocker. Right now, I don't know of a blocker that can block all 25 receptors."

ClearTaste most likely contains one or more of the 13 bitter blockers currently known to science, Chelikani explained, and perhaps something else that blocks sour receptors (those are a totally different thing, structurally speaking).

But there's no way to know unless the company publishes that information, he said, and "some companies don't publish."

MycoTechnology CEO Alan Hahn said the company plans to protect ClearTaste with some combination of patents — whereby more information about how it's made and what it contains would be made public — and trade secrets, which are, as the name suggests, secrets.

FOOD

When is ClearTaste coming to Canada?

MycoTechnology is working with B.C.-based GLG LifeTec on a low-calorie sweetener containing its bitter blocker ClearTaste plus stevia leaf, which naturally has bitter and metallic notes.

When pressed on the term "universal bitter blocker," he clarified that the product is "functionally universal": It works on all the bitter foods and drinks the company has tried it in. However, it's not technically universal, because it doesn't block all 25 receptors.

University of Toronto genetics professor and open innovation advocate Aled Edwards encouraged consumers to be skeptical of all natural health remedies and functional foods, not just bitter blockers.

"Science is used as a marketing tool, not as a discipline."

MycoTechnology's work raises interesting questions about sharing scientific knowledge in the public interest, because there are important applications for bitter blockers.

For example, children's tolerance for bitter medications is very low, and though nasty-tasting meds are masked with sweeteners, that only works up to a point, Chelikani said.

Plus, he said, bitter receptors exist in other parts of the body, like the gut. Their function is still being discovered. But they could become important drug targets in the future.

Hahn didn't have much to say about the possibility of other applications of the chemicals in ClearTaste. The company is focused on foods for now. "If there are other applications, we'd like to understand what the possibilities are. It really depends," he said.

Illustration: Companies like MycoTechnology, which makes bitter blockers using mushrooms, keep a lot of their science to themselves. This makes it hard for consumers to evaluate whether claims are supported by evidence. ISTOCK

JOHANNA SCHNELLER WHAT I'M WATCHING

Cool it on the smack talk, NBC

NBC tried to milk a controversy between U.S. swimmer Lilly King and Russian swimmer Yulia Efimova. GETTY IMAGES

THE SHOW: The Rio Olympics, Sunday and Monday night (NBC/CBC)

THE MOMENT: NBC's goading commentators

After Sunday's heat, Russian swimmer Yulia Efimova holds up her index finger, No. 1.

From the warm-up room, U.S. swimmer Lilly King wags her finger back.

NBC commentators, including Rowdy Gaines and Dan Hicks, go nuts.

"She is saying not so fast, Efimova," they cry. They go on and on.

King bests Efimova's time. She holds up No. 1. The NBC reporter on the floor pounces. "You're shaking your finger No. 1, and you've been caught for drug cheating," King says of Efimova. "I'm just not a fan."

The NBC team is delirious: A controversy they can milk! Monday, during the King/Efimova medal race, they keep saying, "This is who Lilly is, brave, gutsy, open." Um, she's racing for a medal, not to "make a statement."

King wins. Afterward, an NBC reporter fearlessly puts words into King's mouth: "Have you made a statement here?" She has to ask more than once, but finally King says, "I hope I showed we can compete clean and win." Jackpot!

Call me old-fashioned, but I thought the Olympics were about peaceful competition, not reporters goading athletes to talk smack to goose their ratings.

Don't get me started on how desperately Gaines and Hicks wanted a fist fight to break out between Michael Phelps and Chad Le Clos, who beat Phelps in London, in the warmup room Monday. Le Clos danced while Phelps glowered. The NBC team hooted like schoolyard-bully-enablers. "Maybe we shouldn't air the next heat, and just stay on this," they crowed. "This is great television!"

If you have to instruct your audience, "This is great television," maybe it isn't. Grow up, NBC.

A peachy riff on the upside-down cake

This upside-down cake tosses aside the traditional pineapple in favour of peaches, which are prolific this time of year. CONTRIBUTED

RECIPE

This is the perfect treat to use all that in-season fruit

Ricardo Larrivée
For Torstar News Service

Do you remember the first time your mom made an upside-down cake and you watched her flip it over to expose the beautifully caramelized fruit underneath? I do.

I can still remember the mouth-watering aroma. Bring some of that magic into your home with this version of a classic upside-down cake, made with juicy, seasonal peaches instead of the usual pineapple.

Peaches are at their very best right now, and this recipe is a straightforward showcase: The honeyed-stone fruit's unmistakable taste is the perfect foil for fluffy vanilla cake.

If you wisely decide to top it with a scoop of vanilla ice cream, well, that's summer on a plate.

Pro tip: Leave the peel on the peaches. This saves you a pesky step and it also seals the juices, so they burst with sweet nectar when you bite in (it also prevents the cake from getting soggy).

Now that's what I call having your cake and eating your peaches, too.

Peach upside-down cake

Ingredients Peaches:
- 1/4 cup (60 mL) of honey
- 2 tbsp sugar
- 1 tbsp (15 mL) lemon juice
- 5 peaches, unpeeled, halved and pitted

Ingredients Cake:
- 1 1/4 cups (190 g) unbleached all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3 eggs, separated
- 1 1/4 cups (265 g) sugar
- 1/2 cup (115 g) unsalted butter, melted
- 1 tsp (5 mL) vanilla extract
- 1/2 cup (125 mL) milk

Directions:

1. With the rack in the lowest position, preheat the oven to 350°F (180°C). Generously butter a 9-inch (23 cm) square baking dish.

2. **For the peaches:** Spread the honey, sugar and lemon juice at the bottom of the dish. Place 9 of the peach halves into the dish, side-by-side in three rows, cut side down. Set aside.

3. **For the cake:** In a bowl, combine the flour, baking powder and salt. Set aside.

4. In another bowl, beat the egg whites with an electric mixer until soft peaks form. Gradually add 3/4 cup (160 g) of the sugar, beating until stiff peaks form. Set aside.

5. In a third bowl, cream the butter with the remaining sugar, the egg yolks and vanilla with an electric mixer. At low speed, add the dry ingredients alternately with the milk. Using a spatula, gently fold in the meringue.

6. Spoon the batter over the peaches and bake for 50 minutes or until a toothpick inserted into the centre of the cake comes out clean. Let cool for 15 minutes. Run a thin blade between the cake and the pan and unmould by inverting onto a plate.

If desired, serve with vanilla ice cream. Delicious warm or cold.

Blair Witch, DiCaprio feature at TIFF

FESTIVAL NEWS

Docs, shorts and Midnight Madness films announced

Star-studded thrillers and horrors, and the world premiere of Leonardo DiCaprio's documentary The Turning Point are bound for the Toronto International Film Festival.

On Tuesday, organizers unveiled this year's lineup of docs and shorts, as well as dark, twisted and boundary-pushing films for the edgy Midnight Madness program.

Among the highlights is DiCaprio's climate change doc, which he made with actor-filmmaker Fisher Stevens, who won an Oscar for producing The Cove.

Meanwhile, Adam Wingard's forest horror Blair Witch will make its world premiere in the Midnight Madness lineup.

Ben Wheatley's Free Fire will open that program, with Brie Larson, Cillian Murphy and Armie Hammer starring in the story of a gun sale that goes awry.

A giant creature attack on South Korea is the focus of the Vancouver-shot Colossal by Nacho Vigalondo, starring Anne Hathaway and Jason Sudeikis.

In the dystopian cannibal fairy tale The Bad Batch by Ana Lily Amirpour — starring Jason Momoa, Jim Carrey, Giovanni Ribisi, Keanu Reeves and Suki Waterhouse — society's rejects inhabit a Texas wasteland.

Jason Schwartzman, Lena Dunham, Maya Rudolph and Susan Sarandon are among the stars in the world premiere of comic-book writer Dash Shaw's My Entire High School Sinking Into the Sea, about a calamity that strikes a school.

Other feature highlights include: the sci-fi thriller The Girl With All the Gifts with Glenn Close; The Autopsy of Jane Doe with Emile Hirsch; and Paul Schrader's crime thriller Dog Eat Dog starring Nicolas Cage and Willem Dafoe.

Documentaries highlights also include:

- The horror doc Rats by Morgan Spurlock.
- The 6th Beatle, about promoter Sam Leach.
- Chasing Trane: The John Coltrane Documentary, about the revolutionary jazz artist.
- Amanda Knox, which looks at the American woman who convicted and acquitted of the brutal killing of her British roommate.

THE CANADIAN PRESS

A Blair Witch sequel and Leonardo DiCaprio's documentary The Turning Point will both have world premieres at TIFF.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot dogs

If summer outings have you indulging in one too many hot dogs, swap it for the occasional veggie dog.

PICK THIS

Yves Veggie Dogs (without bun)

Calories 50
Fat 1g
Sodium 320mg

SKIP THIS

Maple Leaf Top Dogs Original BBQ Size (without bun)

Calories 160
Fat 14g
Sodium 480mg

HERE'S WHY

Equivalent to three 6" Roast Beef subs from Subway in fat

From ballgames to BBQs, hot dogs are a popular and easy pick in the summer, but I urge you to limit these processed forms of meat. These hot dogs are made with mechanically separated chicken, pork and beef, and also contain sodium nitrite, which has been linked to an increased risk of certain cancers. They also have three times more calories and a third more sodium than the veggie dog, which has virtually no fat compared to the hot dog.

Correction: Last week's column incorrectly stated that the Dairy Queen Cotton Candy Blizzard was equivalent to two 2L bottles of Coke in sugar; it should have stated two 16oz bottles of Coke in sugar.

RECIPE

A refreshing way to sip your greens

You may be tempted to grimace. But this perfect refreshing summer soup from the Serious Eats food blog is pretty and simple to make. Soup is a tasty way to change things up and still get your greens. It's also a good way to use those sad leaves accumulating at the bottom of your crisper. Experiment with mixed lettuces, arugula and watercress; avoid tasteless iceberg.

Lettuce soup from SeriousEats.com. TORSTAR

Hot or cold creamy lettuce soup

Ingredients:

- 2 tbsp (30 mL) butter
- 1 medium onion, chopped
- 4 cloves garlic, sliced
- 2 cups (500 mL) vegetable or chicken stock
- 4 cups (1L) tightly packed lettuce, core and roots trimmed and leaves torn
- 1/4 cup (60 mL) parsley leaves
- Fresh lemon juice, to taste
- Kosher salt and freshly-ground pepper, to taste
- Optional garnishes: crispy crumbled bacon, halved grape tomatoes, sprigs of cilantro or parsley

Directions:

1. In a large saucepan, melt butter over medium heat until foamy. Add onion and garlic and cook until softened, about 3 minutes. Add stock and simmer until vegetables are very tender, about 8 minutes. Add lettuce and parsley and simmer until wilted and soft, 2 to 3 minutes.

2. Transfer to blender in batches and blend, starting at lowest speed and increasing to high, until soup is smooth and creamy. If too thick, add stock. Season with lemon juice, salt and pepper. Garnish and serve.

TORSTAR NEWS SERVICE

FOOD BRIEF

Toast the Olympics with a Brazilian spirit

When it comes to a post-performance liquid our Olympic athletes in Brazil may have to contend with cachaça (kah-SHAH-sa): Brazil's most popular alcohol-based beverage.

Though made with sugarcane juice (rather than molasses like most rums) cachaça often gets lumped in with the rum category much to the chagrin of Brazilians who consider it a more refined spirit.

Refined may be a bit of an overstatement. Taken straight cachaça can taste like it's been filtered through a used sweat sock. That's why, here in Canada, versions like the surprisingly smooth Leblon Cachaça (700ml, $37.29-$38.33) are used more as the base for tropical-style drinks. The simple to make caipirinha (kye-peer-EEN-yah) is Brazil's national cocktail. Just muddle half a lime cut into wedges with a half teaspoon of sugar then add the cachaça and some ice.

PETER ROCKWELL/METRO

Culinary trend: Crazy colours

INNOVATION

Food industry thinks inside the paintbox

The eyes have it — colour plays a major role when it comes to the taste and perception of food.

Purple heritage potatoes and carrots are trendy with foodies, but some grocery shoppers may be reluctant to buy them because they're not used to seeing the produce in those less usual shades.

"We do some tasting experiments where we change the flavours and have it different than the colour and people are so influenced by the colour that it almost overrides what their taste buds might be telling them," says Dr. Phyllis Shand, professor and head of the department of food and bioproduct sciences at the University of Saskatchewan.

She says research has shown that colour can influence both how intense taste is perceived and whether we like the flavour of a food.

"I think it's because in terms of our brains, the colour centre is close to the centre for all of our senses so there's some interaction ... that's helping to make sense of all the information that the brain is being given at that one moment."

That hasn't stopped many companies from experimenting with some odd concoctions.

Back in 2000, Heinz shook up the market with green ketchup, which was eventually followed by purple, pink, orange, teal and blue versions of the condiment. The gimmick lasted for several years before the product was discontinued.

More recently, a Loblaws store at Toronto's Maple Leaf Gardens, located near the epicentre of the city's gay pride events, showed its support in June with an array of psychedelic-looking fresh goods.

The meat department tinted the casings of the store-made pork breakfast sausages with food colouring, including shades of green, purple and yellow. The bakery pumped out multicoloured bagels, cakes and cookies, and pizzas were festooned with such toppings as various coloured peppers, purple onions and black olives in a rainbow pattern.

"I can't stop chuckling, these are horrifying and amazing and I'm buying them," wrote one commenter on Reddit after seeing the sausages.

Another wrote: "I couldn't possibly stomach these. My brain wouldn't let me eat green meat."

Burger buns seem to be favoured by food marketers for colourful makeovers. Hero has introduced a jet-black bun created by Ace Bakery, tinted with powdered bamboo charcoal.

"Most customers are definitely skeptical to try it, but once they bite into it, they fall in love. It's definitely our most photographed product on social media as well," wrote Di Iulio.

But their black burger buns are not the first. Burger King Japan promoted all-black burgers — with black buns, black cheese and black ketchup all made from squid ink and bamboo charcoal — in 2014 and 2015.

"Our modern-day society is very interested in new things all the time and so I think that what the fast-food companies are trying to do is give something new to appeal to people — and they may or may not have hit the right response depending on the market or where they are," says Shand. "They're constantly trying to appeal to all of our senses and doing things I guess opposite to what people might expect is their way to get interest in their products."

THE CANADIAN PRESS

> They're constantly trying to appeal to all of our senses and doing things I guess opposite to what people might expect.
> Dr. Phyllis Shand, University of Saskatchewan

Top: Hero Certified Burgers has introduced a black hamburger bun, produced by Ace Bakery and tinted with powdered bamboo charcoal. Bottom: The Loblaws store at Maple Leaf Gardens in Toronto showed its support for Pride with rainbow-coloured bagels. THE CANADIAN PRESS

FOOD BRIEFS

Italy embraces doggy bags as a civic responsibility

Italian lawmakers have passed legislation to cut down on food waste, promoting containers for restaurants to help Italians overcome their aversion to doggy bags.

Agriculture Minister Maurizio Martina said the law was a legacy of the Expo 2015 world's fair focusing on food security, during which dignitaries including Pope Francis decried the paradox of hunger amid abundance.

The government estimates that food waste costs the economy 12.5 billion euros ($14 billion) a year. The Coldiretti food lobby says consumers are responsible for half of the waste, restaurants for 20 per cent and distribution channels for another 15 per cent.

THE ASSOCIATED PRESS

Local restos nominated for enRoute best new restaurant

Two Calgary restaurants are in contention for enRoute's best new restaurant contest.

The menu at Charbar, located in East Village, features the influence of Argentina, a blend of Spanish and Italian.

Also in the running is Whitehall, where a British-born chef puts a modern spin on European classics.

A panel of food and hospitality industry leaders have come up with a list of 35 restaurants for the enRoute magazine competition, which is open to eateries that opened between approximately June 2015 and June 2016. A top 10 list will be revealed in November and Canadians can also vote for a people's choice award at eatandvote.com.

THE CANADIAN PRESS/METRO

NUTRITION

Gut Shot: Tastes like salad, not rotten veggies

Ariel Teplitsky
For Torstar News Service

Drink your pickle juice, son. It's good for you.

There was a time when the only fermented health food you'd find at the average grocery store was yogurt. Today, kombucha, kefir, kimchi, sauerkraut and other carefully cultured cuisine are promoted for their ability to boost the healthy bacteria in our bodies, a.k.a. our microbiome, which is increasingly recognized for its importance in our overall health.

But you know we've officially reached Peak Probiotic when we're voluntarily downing high-priced shots of pickle juice.

To be fair, the ominously named Gut Shot, from California's Farmhouse Culture, is a far cry from the leftover brine in your jar. There is a dill pickle flavour, which gets its profile from cucumber, garlic and dill, but the "classic" Gut Shot is made simply from fermented green cabbage, caraway seeds and sea salt.

The idea is you take a shot or two a day of the brackish beverage to maintain optimum gut health. This brought to mind a couple possible slogans, which Farmhouse Culture is welcome to adopt:

1. Gut Shot: Better than a shot in the arm.

2. Gut Shot: Because probiotic beats antibiotics.

See, while I get the supposed health benefits, I'm more skeptical of the taste benefits of an $8 bottle of rotted vegetable byproduct.

But I'm wrong. As a drink, Gut Shot isn't half bad. It's tangy, refreshing even. A few in our taste panel say it tastes like salad dressing, and I agree, at first. But on second sip, I realize it tastes more like a whole, basic salad, with garlicky dressing. I could drink more than a shot at a time, but I worry that might be probiotic overload.

Of course, it's not for everyone. Kids, and quite a few adults, are unlikely converts. Is it for you? Trust your gut. Another free slogan for you, Farmhouse.

A writer dares to try a few shots of fermented veg juice and survives. PHOTO CREDIT IN SMALL CAPS

GUIDE TO USED CARS

Buy your dream car in a virtual showroom

CONTRIBUTED

No more kicking tires looking for a new-to-you used vehicle. At Varsity Chrysler Dodge Jeep you can click on the tires. Customers looking for a new ride can visit the award-winning dealership's website and click on hi-res images online, watch videos, interact with sales staff; everything, in fact, short of test driving the new or used vehicle and, no doubt, virtual test drives will be coming to the site, it is that state-of-the-art.

Varsity Chrysler Dodge Jeep, located at 665 Goddard Avenue North East, puts the convenience and comfort of its customers first and foremost. They do so by providing as much information as there is available on any given vehicle and they upload that wealth of information to their website.

The site is easily navigated and it is quickly searchable. It is bright, legible and informative. Even the most cursory browse will have you staying on the site surfing through the many cars, trucks, SUVs, and vans as well as the associated great deals.

The inventory is searchable by brand, Dodge, Jeep, Ram and Chrysler, as well as year, trim, body style and price range. There are sliders on the Showroom page to help focus the search along price, kilometres and horsepower. If further help is required, there is a highly visible link to a Live Chat agent.

A random click on a steal of a deal, a 2011 BMW 328 i xDrive listing brings up a page with the most pertinent information prominently displayed; the price. There is an overview of bodystyling, engine info, kilometres, the fuel efficiency rating, an estimation of payments and a link to another page of tech specs including entertainment features, convenience features, safety features, lighting and instrumentation plus engine and interior sizes.

The convenience continues for those who have considered many cars but not chosen one just yet. One can log in and make an account with Varsity and sign up for price alerts on vehicles you are interested in. There is also the option of saving the vehicles you have considered to your account for future reference or purchase.

There are links to finance approval, a request for even more info and the option to make an offer. And of course hi-resolution images of the Beamer, from every conceivable angle, 20 in all. You want more?

How about video! Varsity provide a photostream video for vehicles with professional voice-over commentary. It is as if you were standing in the showroom with a sales associate. But you are not. You are at home or at work but you are buying a car.

When you look up convenient in the dictionary there is a picture of Varsity Chrysler Dodge Jeep.

Varsity staff rated tops

For most people their second most important purchase is a car. A home is number one. A real estate agent or mortgage broker can help with the house but where do you go for a trusted voice to help purchase a reliable vehicle?

Varsity understands personal recommendations drive vehicle sales. When the dealership won the DealerRater.ca 2016 Customer Satisfaction Award the staff knew they had become the trusted voice people are seeking. The dealership also won the Consumer Choice Award for 2016.

The DealerRater website has over 2 million reviews by real people and they rate Varsity Chrysler Dodge Jeep dealers highly. The many consultants, sales managers and finance managers working at Varsity have been awarded Five Stars, the highest honour available.

Dealership staff are rated according to customer service, quality of work, friendliness, pricing, the overall experience and would the customer recommend the dealer. The Five Star winning Varsity dealers scored five out of five on each and every one of the listed criteria including the rate of recommendations.

Dealership proud of 'customer-first' attitude

Award-winning dealership Varsity Chrysler Dodge Jeep is rewarding customers who purchase a pre-owned vehicle during the dealership's exclusive No Interest deal on through the month of August.

The Calgary-based company is the only one offering 12 months of no interest payments for the first year of ownership when financed through the dealership.

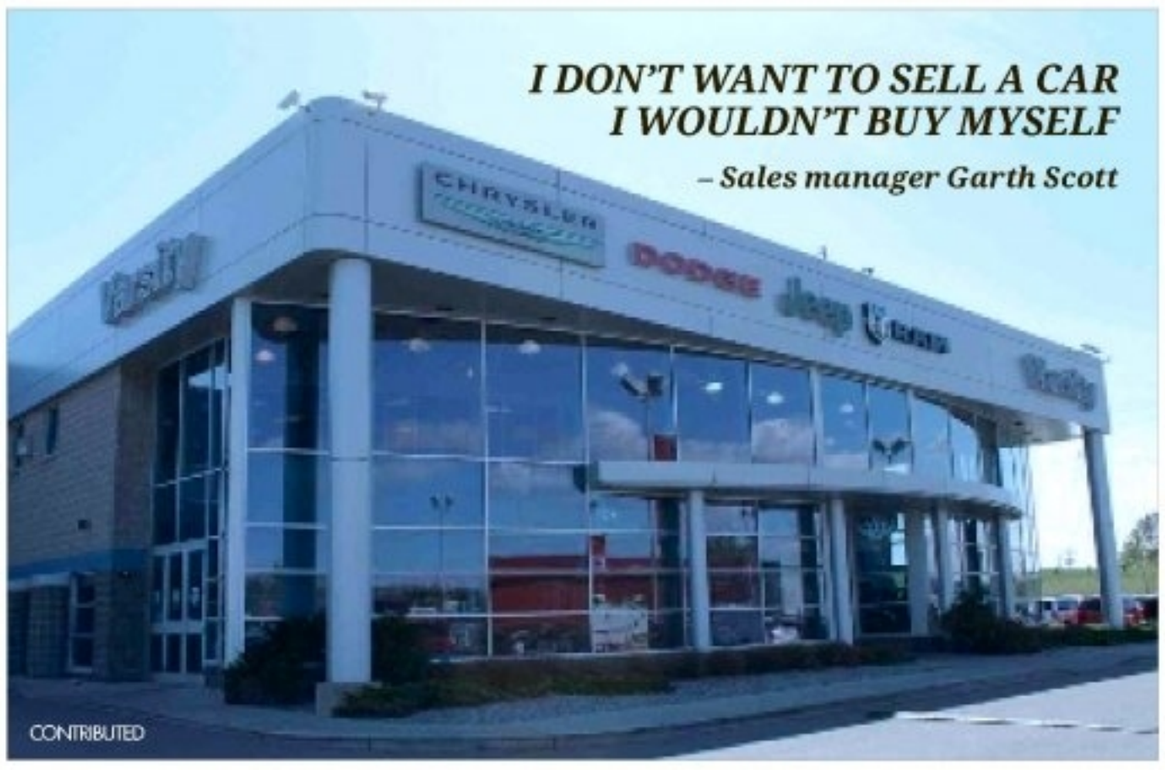
Varsity is also rewarding customers with $500 worth of BoBucks, which can be used to add more value to your purchase. Varsitychrysler.com has all the details with market-based pricing by an independent outside company, so you know it's a great deal even before contacting Varsity.

Along with the 12-month, no-interest payments and the $500 BoBucks, sales manager Garth Scott says all vehicles come with a comprehensive Carproof Report, full detail clean and an extensive AMVIC Inspection.

Varsity's strict standards, special offers and exclusive deals ensure customer satisfaction, consistent referrals and repeat purchases. Scott says Varsity takes pride in their "customer-first" attitude.

"One thing I have always believed is I don't want to sell a car I wouldn't buy myself, or wouldn't sell to my family and friends," Scott says, noting he and the staff at Varsity begin with ensuring customers have the best possible experience. "That's where it starts," he says.

It ends with a happy customer, a great car, and an even greater deal.



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ALL PHOTOS PETER BLEALKNEY

REVIEW

New Crosstrek great on trails, but a bit blah in the city

Dan Ilika
AutoGuide.com

A void was left in the market when the Honda Element was scrapped, one that was quickly filled by the Subaru Crosstrek.

Both took aim at the adventurous type, or at least those who like to project that image. From getting groceries to getting outdoors, you'd be hard-pressed to find better family-friendly weekend warriors.

Unlike the Element, though, the Crosstrek is usable for more than just looking like the boxes you're carrying behind the tailgate. It offers the ride height and commanding view of the road consumers crave. And unlike its competitors, the Crosstrek gets its bones from the compact Impreza, giving it a leg up when it comes to versatility.

The Crosstrek may look like an Impreza hatch with a bunch of plastic bits bolted to the side, but it's much more than that — kind of. Yes, the two share the same powertrain and basic architecture, but the Crosstrek sets itself apart from its platform mate almost immediately. Its wheelbase is about half an inch shorter than the Impreza hatch, and it rides much higher, with the Crosstrek's 8.7 inches of ground clearance matching the likes of the Jeep Cherokee when it comes to clearing obstacles.

The fender flares and body cladding — that stuff's mostly just for show. But the all-wheel drive and locking centre differential that promises a 50/50 torque split — those are the real deal, and they bring a certain level of legitimacy here.

The Crosstrek comes alive when the trail begins, and feels confident that it can tackle just about any terrain. Its engine isn't the most powerful, but it's more than enough for light trail duty.

But get back to the asphalt and the Crosstrek loses almost all its personality. The chassis and drivetrain that is so communicative on the trail simply isn't on the road, getting lost somewhere on the way and leaving the Crosstrek feeling like a pretty pedestrian compact that offers very little to get excited about.

The Crosstrek's saving grace when it's back to civilization is its versatile interior. It's spacious and comfortable, and can haul around just about anything you'd want.

THE CHECKLIST | 2016 SUBARU CROSSTREK MANUAL

THE BASICS

Engine: 2.0L four-cylinder
Power: 148 hp, 145 lb-ft
Transmission: Five-speed manual; CVT
Fuel Economy: 10.2 L/100 km city, 7.7 L/100 km hwy (manual)
Price: Starts at $24,995 (before freight)

LOVE IT

- Impressive offroad ability
- Interior versatility

LEAVE IT

- Underpowered engine
- Five-speed manual
- STARLINK smartphone interface

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BMW restores Presley's roadster

CONCEPT CAR OF THE YEAR

Avista Concept gets noticed

Since its debut earlier this year at the 2016 Detroit Auto Show, the Buick Avista Concept has been on display at various auto shows and events in the U.S. Recently, the Buick Avista received the 2016 Concept Car of the Year and the Most Significant Concept Vehicle of the Year awards. The awards recognize the vehicle that makes the strongest impact in terms of automotive design, engineering and market responsiveness. JASON SIU/AUTOGUIDE.COM

ROYALTY

Saudi Prince snaps rare cars

Bugatti just sold two extremely rare concept cars to the highest bidder. The purchaser, Instagram user b14, is said to be a member of Saudi Arabia's Saud ruling family. Bugatti sold him the actual Chiron that was presented to the world at the 2016 Geneva Motor Show alongside the Bugatti Vision Gran Turismo Concept, a car created purely for a fantasy world. STEPHEN ELMER/AUTOGUIDE.COM

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

CONCOURS D'ELEGANCE

Elvis' 507 restored

BMW has a real treat in store for those attending the 2016 Concours d'Elegance at Pebble Beach. The German automaker calls it "one of the most spectacular classic-car discoveries of recent times," and it might very well be. BMW Group Classic has found and restored the BMW 507 driven by U.S. musician Elvis Presley while he was doing his military service in Germany. It was originally believed that the car disappeared for nearly 50 years, but after almost two years of painstaking restoration, BMW is ready to present the roadster. Naturally it was a daunting task to restore the roadster to its former glory. The original body parts and other components were virtually all present and intact, but the car had lost its engine and gearbox, while the rear axle was a replacement part of unknown origin. Rust was also eating away at the floor assembly. JASON SIU/AUTOGUIDE.COM

CONVERTIBLES

Buick Y-Job joins Register

The Buick Y-Job is the 14th car to join the National Historic Vehicle Register. Many regard the Buick Y-Job as the first American concept car, originally designed to predict the trends of the 1950s and beyond. As a two-door convertible built on a Buick chassis, the Buick Y-Job is powered by a Buick Series 50 engine. And although the engineers experimented with certain features on the engine, the Y-Job is most well known for its design, boasting a low and wide body. JASON SIU/AUTOGUIDE.COM

IN BRIEF

Fiat Chrysler Automobiles ends U.S. car production

Once bailed out by the U.S., Chrysler will no longer be producing cars in the U.S. by early next year. Chrysler has changed quite a bit since its bailout, having been acquired by Fiat and renamed Fiat Chrysler Automobiles (FCA).

And now, the company's U.S. plants will focus solely on producing Jeep SUVs and Ram pickup trucks, as it winds down production of the Chrysler 200 and DodgeDart models. FCA's remaining cars will be built in Mexico, Canada, and other countries.

JASON SIU/AUTOGUIDE.COM

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LINCOLN MKX

Revel Ultima sound system one of the best in the business

Craig Cole
AutoGuide.com

Would you believe that some of the best sound systems in the automotive business are found in Lincolns, vehicles that are paradoxically associated with the hearing-aid set?

Of all companies, Ford's troubled luxury division is pushing the listening envelope to new heights thanks to an exclusive 10-year partnership with Revel, a firm renowned for its super-premium loudspeakers and home audio systems.

Lincoln's redesigned MKX crossover, for instance, can be equipped with a 19-speaker system that will knock any audiophile's proverbial socks off, so make sure to bring an extra pair.

Crank the volume to ear-damaging levels and the sound remains crystal clear without any distortion or rattles.

To achieve this, Lincoln engineers worked hand-in-glove with the folks at Revel, who specified the right hardware and optimized its placement throughout the vehicle's cabin, small details that add up to an exceptional listening experience.

Rival systems may have more speakers (the Bose Panaray arrangement in Cadillac's CT6 sedan comes with 34), but this doesn't always make them better.

Another important element to the Revel Ultima sound system is called QuantumLogic Surround.

Through advanced processing, it creates an immersive listening experience. In short, it can transform a low-quality song downloaded illegally from a file-sharing site into something that sounds like it was ripped from a CD.

That 19-speaker Ultima sound system in the MKX can be had on Reserve-trim models and above; it's bundled with the $4,400 U.S. luxury package.

If that's too rich for your finances, you can also get a 13-speaker Revel system as a stand-alone option.

DAMAGE, FIX

The MKX's Ultima sound system features cutting-edge software that improves the listening experience. One headline feature of the sound system is ClariFi.

The downside of downloading

Typically, MP3s and tunes streamed over services like Pandora are heavily compressed to keep file sizes in check, but it also hurts the listening experience.

Fixing the damage

ClariFi brings these tracks back to life by undoing much of the damage caused by compression.

Start-stop: Fuel saver or non-starter?

TECHNOLOGY

Usefulness of system lies in how it's used

Sami Haj-Assaad
AutoGuide.com

Many new cars come with automatic engine start-stop. These systems are designed to save the fuel wasted at idle by turning the engine off when you come to a stop, and are becoming increasingly common.

But the fuel spent during idle seems insignificant, right? Even the EPA's fuel economy tests seem to downplay the importance of these systems. How much fuel can really be saved, and can everyone benefit from this technology, even if they spend most of their commute on the highway?

Here's how it works for the driver: when you come to a stop, like you would at an intersection and hold the brake while you wait for the light to turn green, the engine will shut off. On cars with manual transmissions, you usually have to put the car into neutral in order for the engine to shut off. As soon as you let off the brake or engage the clutch, the engine will automatically and quickly fire up, so you can get on your way again. These frequent restarts require a different starter motor that's more robust and paired to a different, tougher battery.

Unlike when you turn off your car entirely, the rest of your car's features will remain on even if engine start-stop system is active. That means you still get A/C, radio, navigation and all that. A bigger battery helps with that, and some cars even feature an extra battery or a super capacitor.

The average driver will save about four per cent in fuel costs using a stop-start system. With city drivers, that number can double. ISTOCK

> **Eliminating rolling stops as well as creeping after engine stop will help maximizing the fuel savings.**
> Thomas Recke, Continental Automotive

Still, despite updates to the new five-cycle EPA test, it may be hard to see the tangible benefits of an engine start-stop system.

"The engine idle duration for this test is fairly representative," explains Thomas Recke, a PR specialist for Continental Automotive, an automotive supplier that provides engine start-stop technology to automakers.

"However, the idle time is stressed with extreme temperatures: the A/C test cycle exposes the engine to 35 C, whereas the cold city test is performed at -7 C. The engine must remain on in order to provide climate control."

This helps to explain the unimpressive EPA ratings of cars with engine start-stop.

It also helps to point out that the effectiveness of engine start-stop systems can fluctuate for a number of reasons.

"Fuel savings will vary depending on the type of start-stop system, driving style and driving cycle," explained Recke. "The average U.S. driver with a basic system will save around four per cent."

He also explained that more advanced systems, like those used in mild or full hybrids, can improve savings even more.

A four per cent improvement in fuel economy isn't too shabby, but Recke pointed out that can change drastically based on what kind of driver you are and the type of commute you have.

A city driver, for example, who can spend about a quarter of their drive time stuck idling in traffic can see an improvement up to eight per cent by driving a car with an engine start-stop system. On the other hand, aggressive drivers who roll through their stops or drivers who spend much of their time on the highway will see less of a change.

"Eliminating rolling stops as well as creeping after engine stop will help maximizing the fuel savings," explains Recke. "Additionally, reducing the A/C and heat will help."

He pointed out that most new cars have automatic controls that reduce A/C and heat automatically when the engine is turned off.

Ulrich Muehleisen, head of marketing and product development for starters and generators at Robert Bosch LLC says the most important step to maximize benefits is to "drive normally"

"When the system is active, any full stop will start providing immediate benefits. The biggest impact will be from the system activating regularly during normal driving."

Interestingly enough, while there's a decent impact at the pumps, your wallet may be suffering in different ways. Powering this new technology are advanced batteries.

"Start-stop batteries are put under more load than a normal battery," said Muehleisen. "So every OEM has taken steps to strengthen and protect the batteries. All OEMs have implemented battery monitoring systems. Almost all OEMs have upgraded their start-stop batteries, which are capable of handling the extra cycling."

Muehleisen pointed out that these batteries still meet all the same durability requirements as traditional batteries, while still offering the extra juice to handle start-stop responsibilities.

"Since these batteries are not mainstream quite yet, they are a little more expensive, but should be easy to find," he said.

IN BRIEF

Takeaway points

- It's clear that there are some benefits with these systems, but it may depend completely on how you drive.
- If you think you're spending too much of your commute idling, then you can probably earn a few km/Ls by owning a car with engine start-stop.
- But don't forget that the extra load on the battery may cause it to wear out sooner, and it may be more expensive to replace.

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metro RIO

Montreal's Eugenie Bouchard and Ottawa's Gaby Dabrowski were ousted from doubles following a loss to Lucie Safarova and Barbora Strycova

Canada cast in bronze

RIO2016

Third-place diving finish keeps medals rushing in

Divers Roseline Filion and Meaghan Benfeito kept Canada's medal streak going at the Rio Summer Games with another bronze medal.

Filion, of Laval, Que., and Benfeito, of Montreal, were third in the women's 10-metre synchronized diving event Tuesday. They were fifth heading into the final round, but a botched dive by the North Koreans gave Filion and Benfeito an opening for a podium finish.

And they nailed it on their final dive — an inward 3-1/2 somersault — for a score of 80.64 points to finish with 336.18 overall behind two Chinese teams. Filion and Benfeito, who were bronze medallists four years ago in London, gave Canada its fourth bronze medal and fifth overall.

"It was crazy. We knew we needed a really good dive on the last one to have a chance at the podium," Filion said. "We went up there really calm, looked at each other and told each other, 'We got this,' and we ended up with a great last dive."

Canada's only non-bronze medal came in the swimming pool, a silver captured by 16-year-old Penny Oleksiak in the women's 100-metre butterfly final on Sunday. Canadian athletes have won at least one medal on each day of competition so far.

Filion and Benfeito make up half of the "Fab IV" on Canada's diving team. Filion, Benfeito, Jennifer Abel and Pamela Ware all have medal potential in Rio as Abel and Ware missed the podium in the three-metre synchro by less than a point.

"Fab" is an acronym — F for Filion, A for Abel, B for Benfeito, and the Roman numeral IV is a stylized W for Ware. All four women will now shift their focus to the individual events.

The competition was held outdoors for the first time since the 1992 Barcelona Games.

Meanwhile in Brasilia, the Canadian women's soccer team exorcised some demons with a 2-1 win over Germany to conclude the preliminary round. Melissa Tancredi had both goals as Canada withstood a late barrage from the second-ranked Germans to improve to 3-0-0 to finish atop Group F. More importantly, Canada earned its first win in 13 games against Germany.

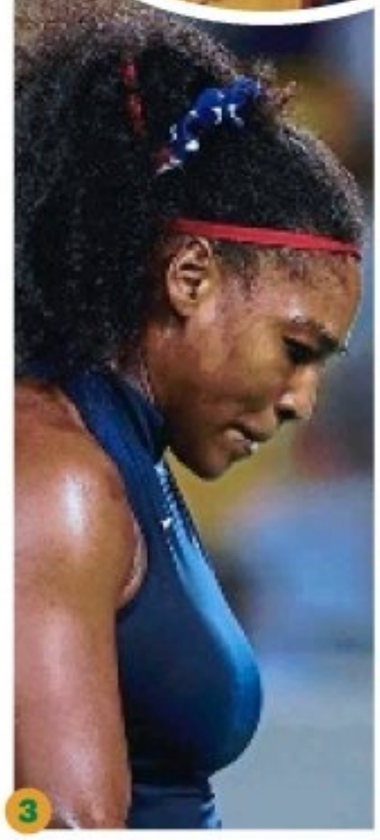
"I am just proud of this team," Tancredi said. "To be able to put two goals past a tier-one opponent and really state our spot in this tournament is really huge for us."

Both teams had already clinched quarter-final berths. The Canadians will play the runner-up in Group G on Friday in Sao Paulo.

THE CANADIAN PRESS

GETTY IMAGES

WATER COLOUR
The colour of the water in the diving pool Tuesday was a putrid green, and there was no immediate word on what caused the colour change.



1 Canadians take one from hosts — Canada's Ben Saxton and Chaim Schalk earned a three-set win over Brazilians Evandro Goncalves Oliveira Junior and Pedro Solberg in beach volleyball.

2 More gold for Phelps — American swimmer Michael Phelps added to his record Olympic gold-medal haul on Tuesday night with a win in the 200-metre butterfly final. He finished ahead of Japan's Masato Sakai and Hungary's Tamas Kenderesi for his 20th gold and added No. 21 later in the evening with a victory in the 4x200 freestyle relay.

3 Serena eliminated in Round 3 — Serena Williams was eliminated from the women's singles tournament in a straight-sets loss to Ukraine's Elina Svitolina.

4 Wei makes weightlifting history — China's Deng Wei won Olympic gold and set a world record in women's weightlifting, hoisting 147 kilograms in the clean and jerk and 115 in the snatch for a total of 262. Her clean and jerk lift also broke her world record by one kilogram.

THE CANADIAN PRESS/THE ASSOCIATED PRESS; PHOTOS BY GETTY IMAGES

RIO in brief

Kiwi rugby hopes cloudy

Sonny Bill Williams was helped off the field with an injured left ankle during New Zealand's shocking 14-12 loss to Japan in its first game of rugby sevens at the Olympics.

Sonny Bill Williams
GETTY IMAGES

The 12-time world series champions and one of the leading contenders for the first rugby medals awarded at an Olympics in 92 years, the New Zealanders struggled against the high-energy team from Japan.

Marta's big moment

While Neymar has been a disappointment for the Brazilian men's soccer team, Marta has been a revelation.

Playing in front of her home fans in the Olympics has given Marta Vieira da Silva her the chance to shine. She had two goals in a victory over Sweden on Sunday before Tuesday night's match against South Africa.

Marta
GETTY IMAGES

Media bus hit by projectile

Two windows were shattered Tuesday when an Olympic bus carrying journalists was hit by an unknown projectile. There were no serious injuries.

"We don't know yet if the bus was shot, or it was a stone," organizing committee spokesman Mario Andrada told The Associated Press.

Andrada said three of the 12 journalists on the bus suffered minor injuries. Two windows were shattered, with tiny chards of glass remaining in place.

"There was kind of a popping noise and something hit two windows on the side of the bus and left two hole marks, which looked like bullet holes," said David Davies, a photographer for the British-based news agency Press Association.

THE ASSOCIATED PRESS

metro SPORTS

Former first-round NFL draft pick and 2007 Heisman Trophy winner Tim Tebow plans to hold a workout for MLB teams this month

Blue Jays drop the ball

MLB

Rays take advantage of poor execution

The Blue Jays were fundamentally solid on Monday.

As for Tuesday, well that was another story.

After receiving rave reviews for their defensive work, for clutch hitting and for a rare moment where a hard-core slide into home saved the game, the Jays couldn't execute much Tuesday and it showed in a 9-2 loss to the Tampa Bay Rays at the Rogers Centre.

TUESDAY In Toronto

9	2
RAYS	BLUE JAYS

There were some slip-ups — two plays where fielders had balls slip out of their hands — which led to a run and some embarrassment for Devon Travis and Jose Bautista.

Bautista was certain to be a frequent view on the late-night highlights, looking all crossed up in his second-inning misadventure.

Travis, the hero of Monday's game with four hits and a heads-up read for an out at third off a ground ball, also had the shakes.

He'd made a great get up the middle, but the ball popped out of his hand when he went to make the throw to first. That ball just wouldn't stay in his hands afterwards — he bobbled it again when he went to pick it up and a run scored in the process.

Tampa broke the game open, getting two runs off reliever Danny Barnes in the sixth, then four more off Scott Feldman in the seventh. Toronto threw the ball away in the seventh again, with Russell Martin's throw to first sailing into right field after he rushed to make a play off a slow roller up the line at first.

That was further embarrassment to the four runs on the board, but there was a moment of mercy: home plate umpire David Rackley called obstruction on the runner, which erased the play and what would have been the fifth run that inning.

But it was a greasy night for the most part, as Rays starter Drew Smyly hung around for six innings (two runs), thanks to a solid plan that featured an elevated fastball.

Marco Estrada started for the Jays, and settled down for what appeared to be a good night after giving up a homer in the top of the first to leadoff hitter Logan Forsythe.

But the ragged play behind him, and the fact he did not have his best control overall, set the tone for what was a long evening for the home side.

Estrada finished with 113 pitches over five innings — a slog for him. There was an element of pure determination in this one, as Estrada struck out Brad Miller and coaxed Mike Mahtook into an inning ending grounder after Tampa loaded the bases in the third.

But Tampa chipped away for three runs off Estrada, whose start showed just how excellent his control usually is, when he doesn't have it.

Toronto bagged two runs off their own bases-loaded situation, this one in the fifth inning. Melvin Upton brought home a run with a sac fly to right field, marking his first RBI as a Jay.

Travis brought home the other run with an RBI single and upped his average to .425 for the month of August so far.

TORSTAR NEWS SERVICE

The Rays' Corey Dickerson slides across home plate to score a run against Blue Jays catcher Russell Martin on Tuesday night. TOM SZCZERBOWSKI/GETTY IMAGES

MLB

Fielder is forced to retire

Prince Fielder, the slugger acquired by the Texas Rangers in November 2013, is expected to announce his retirement from baseball Wednesday during a news conference at Globe Life Park.

Fielder underwent a second cervical fusion surgery July 29 after a herniated disk was discovered in his neck above the vertebrae he had fused in May 2014.

Rangers general manager Jon Daniels said at the time it was too early to say if Fielder's career was done.

But, according to major league sources, Fielder has decided to call it a career.

Fielder, 32, would finish his career with 319 homers, 1,028 RBIs, a .283 average and a .506 slugging percentage. But he hit only 34 of those homers in parts of three seasons with the Rangers after joining them following a trade from Detroit for second baseman Ian Kinsler.

Fielder is owed $96 million US over the next four seasons, with the Tigers paying at least $24 million of it.

The contract included an insurance policy, Daniels said last month.

On the field, Adrian Beltre hit a two-run double, Elvis Andrus added a tiebreaking single and the Rangers scored four runs in the eighth inning to beat the Colorado Rockies 7-5 on Tuesday. The Rangers, who have won four straight and nine of 12, finished their road trip 5-3.

THE ASSOCIATED PRESS

CFL

Pair of Stampeders lauded by league

Running back Jerome Messam and kicker Rene Paredes of the Calgary Stampeders and B.C. Lions defensive back Loucheiz Purifoy were named the CFL's players of the week Wednesday.

404

Messam leads the CFL with 404 yards rushing yards.

Messam ran for 109 yards and accumulated 145 yards from scrimmage in the Stampeders' 35-15 win over the Saskatchewan Roughriders.

Paredes booted five field goals and finished with 17 points in the win over Saskatchewan. The veteran kicker has made 16 straight field goals.

Purifoy, playing just his sixth CFL game, had a career-high five tackles and returned a fumble recovery 47 yards for a TD in the Lions' 38-18 win over the Montreal Alouettes.

THE CANADIAN PRESS

IN BRIEF

Bochy gets back to work

San Francisco Giants manager Bruce Bochy was released from a Miami hospital after spending the night there with an undisclosed illness, to manage against the Miami Marlins on Tuesday.

"I'm back at work," Bochy said.

Bochy missed his team's 8-7, 14-inning win Monday in which Brandon Crawford became the first major-leaguer in 41 years to record seven hits in a game. THE ASSOCIATED PRESS

NHL

Winter Classic the tonic for St. Louis

Before the Rams left town in January, the St. Louis Blues were already in line to get an outdoor NHL stadium series game — just not the Winter Classic.

Team Chairman Tom Stillman credits the NHL for recognizing the city sorely needed a shot in the arm and scheduling the Blues against the rival Chicago Blackhawks on Jan. 2 at Busch Stadium.

"It's something that St. Louis could use right about now," Stillman said. "They're all great, but this is the big one."

Commissioner Gary Bettman, executives from both NHL teams plus the Cardinals and former players attended a news conference at home plate in the first public forum since the announcement.

"This is a major league city and unfortunately the NFL has not deemed us worthy, which I think is ridiculous," Blues Hall of Famer Bernie Federko said.

THE ASSOCIATED PRESS

Prince Fielder is retiring with 319 career home runs — the same mark as his father Cecil. THE ASSOCIATED PRESS

Front five primed to lead Pack into battle

NFL

Veteran O-line crew confident they'll protect passer Rodgers

T.J. Lang says the Packers line have a good sense with QB Aaron Rodgers. GETTY IMAGES FILE

Right guard T.J. Lang is optimistic a starting offensive line that hasn't been on the field together in seven months can jell in time for the start of the Green Bay Packers' season.

"We haven't all been out there, but I don't think there's any concern that we're going to lose any chemistry," Lang said Tuesday.

"Us five, we've played a lot of football together, and we trust each other, we know what we're doing."

The Packers have had their preferred starting five since 2014, but this could be their last year together.

Contracts for three starters are up after this season, and the team has some options in reserve after taking two linemen in this year's draft.

After missing the first week of training camp and then practicing in limited fashion last week, Lang felt a sense of urgency to be more active when the team returned to the practice field Tuesday night following the cancelled Hall of Fame game two days earlier.

The eighth-year pro, who spent the entire off-season recovering from surgery for a torn labrum, looked forward to participating in team drills this week and playing in the Packers first preseason game Friday against the Cleveland Browns.

"My shoulder feels healthy, I feel healthy, and I'm just ready to go back in there and settle back in at my spot," Lang said. "I'm a competitive guy, it's hard standing out there watching somebody else take your reps every single day."

Lang, left tackle David Bakhtiari and Pro Bowl left guard Josh Sitton are entering the final year of their contracts, barring an extension from the team.

Of the starting five linemen, only Sitton played every game last season, which was marred by a slew of injuries.

The Packers are still waiting to have all five together again for the first time since the playoff loss to the Arizona Cardinals on Jan. 16.

Third-year centre Corey Linsley remains on the physically unable to perform list because of an unknown injury. Veteran right tackle Bryan Bulaga, who has dealt with knee injuries the past few years, also has missed some practice time early in camp.

Coach Mike McCarthy and quarterback Aaron Rodgers aren't overly concerned about the shaky health of the offensive line. Rodgers said the impact on continuity with the start of the season still a month away is very minimal.

"Just want those guys healthy for Week 1," Rodgers said.

THE ASSOCIATED PRESS

EPL SOCCER

City hoping Stones can be their rock

Manchester City has signed England centre back John Stones for a reported 50 million pounds ($65 million) in the Premier League club's latest expensive attempt to improve the team's defence.

City announced the transfer on Tuesday, saying Stones has signed a six-year deal. He is City's eighth off-season signing under new coach Pep Guardiola.

Stones, a ball-playing defender, wasn't even a regular for Everton last season.

The 22-year-old Stones says: "I know it will be tough getting a place in this team but I'm determined to become the best player I can be and help us to success."

77

John Stones has only made 77 Premier League starts in his career to date.

The announcement came after UEFA listed Stones in City's squad for the Champions League playoff even before the defender had publicly completed the move. THE ASSOCIATED PRESS

COLLEGE FOOTBALL

LaCouture injury tests young Tigers

LSU defensive lineman Christian LaCouture will miss the entire season because of a knee injury that occurred in a recent practice, a person familiar with the situation said.

The person, who spoke on condition of anonymity on Tuesday because LSU has not publicly discussed the full extent of the injury, said LaCouture tore his anterior cruciate ligament on Sunday.

LaCouture, a senior, has started 23 games for the Tigers. He was expected to play primarily at end, but also has played the interior line spots.

He could potentially return in 2017 if he applies for, and receives, a medical redshirt for this season. LSU was expected to have 18 starters returning this season. That number now drops to 17 - and to eight on defence. THE ASSOCIATED PRESS

IN BRIEF

Madrid seal Super success

A superb solo goal by Dani Carvajal just before the end of extra time gave Real Madrid a 3-2 victory over 10-man Spanish rival Sevilla in the UEFA Super Cup on Tuesday. Captain Sergio Ramos had forced extra-time with a late leveller for the Champions League holders.

THE ASSOCIATED PRESS

Riders' Maze calls it a day

Defensive back Terrell Maze of the Saskatchewan Roughriders retired Tuesday. Maze re-signed with Saskatchewan prior to the start of the season but spent the first six games of 2016 on the injured list. "I will no longer be playing anymore football in the future," Maze tweeted.

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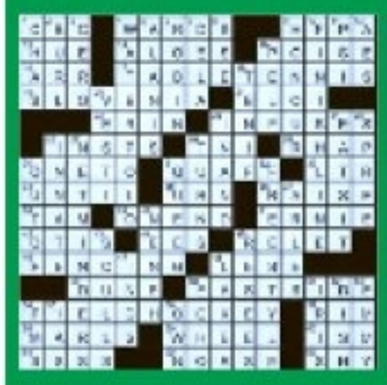
PLAY Yesterday's Answers

from your daily crossword and Sudoku



9	8	1	7	3	4	5	2	6
5	3	2	8	6	1	9	4	7
6	4	7	9	5	2	1	3	8
1	5	6	3	9	7	2	8	4
3	7	9	4	2	8	6	1	5
8	2	4	5	1	6	3	7	9
2	9	8	1	7	5	4	6	3
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1

for more fun and games go to metronews.ca/games

RECIPE Asian Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The zing of ginger and garlic and crunch of cashews make these Asian lettuce wraps better than any takeout you can throw at them.

Ready in 10 minutes
Prep time: 10 minutes
Serves: 4

Ingredients
- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

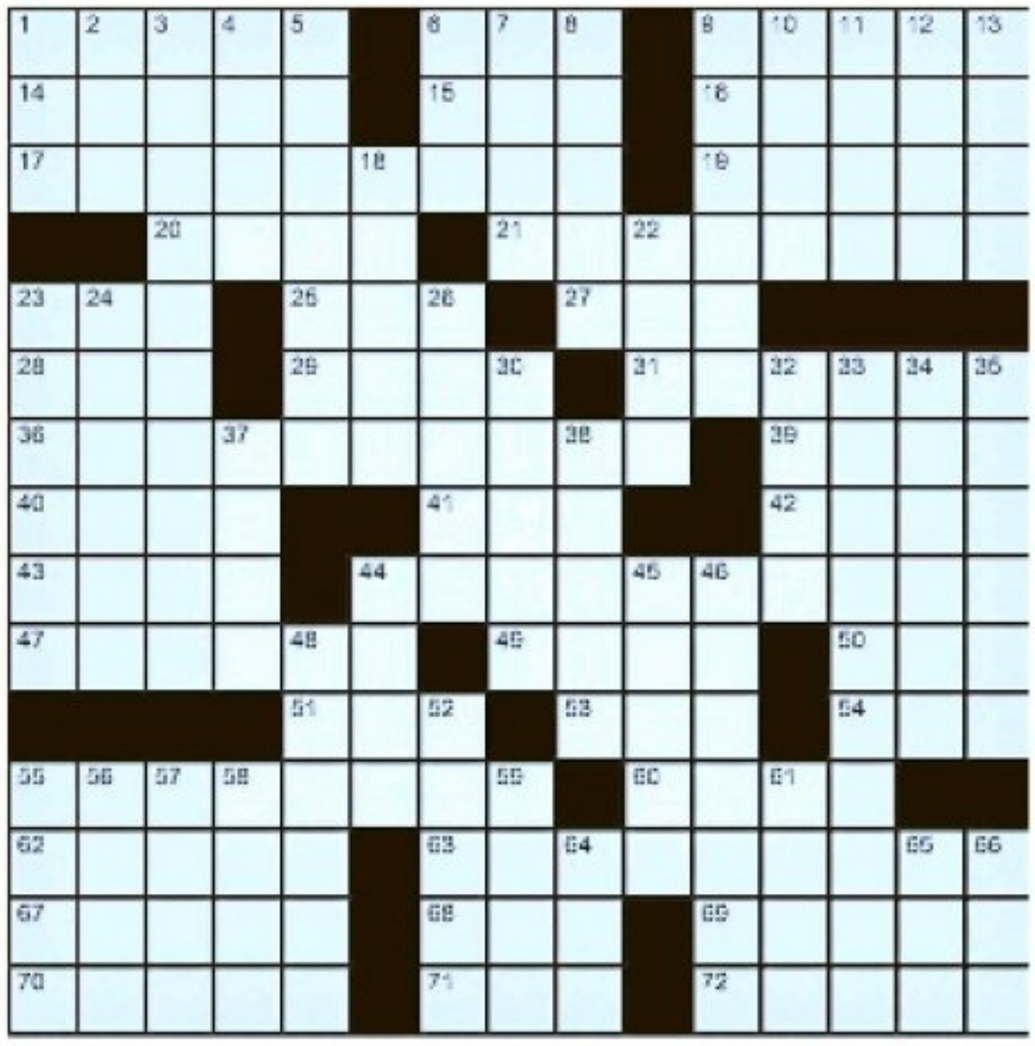
3. Check that the turkey has cooked through. Put the mixture in a serving bowl.

4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Performance measurers in some sports
6. The Tragically _
9. Movie star Willem
14. Put on _ _ (Fake it)
15. Wheat: French
16. Catherine of "SCTV"
17. RIO 2016: Trained in the gym: 2 wds.
19. Western flick
20. _ _ fine line
21. RIO 2016: Seven-players-a-team court sport
23. Vox populi, vox _
25. Mil. rank
27. Half a Teletubby
28. Ms. Longoria
29. RIO 2016: Team Canada's symbol, Maple _
31. Boston nickname: 2 wds.
36. RIO 2016: Olympic sport
39. Ms. Braxton
40. Approve
41. RIO 2016: Rio's country, IOC-style
42. Mr. Onassis, et al.
43. The Yukon, e.g.
44. RIO 2016: Olympic sport, Artistic _
47. Ritzy expanse
49. Biblical son of Cush
50. Y-following alternative
51. Advantages
53. RIO 2016: IOC code for where Colombo is the capital
54. Poet's 'commonly'
55. RIO 2016: 'Village' denizens
60. Canadian star Mr. Thicke
62. "If" band
63. RIO 2016: IOC = International Olympic _
67. Mr. Manilow
68. Cooking amt.
69. Spiral-horned antelope
70. Madonna's "Vogue" beginning: "Strike _ _."
71. Musical note
72. President's Choice's Mr. Weston

DOWN
1. Spotted, to Tweety Bird
2. Veil heroine
3. RIO 2016: The Olympic sport of Judo: 2 wds.
4. Fashion designer, Marc _
5. Church part
6. Cable network
7. "_ _ Ya Papi" by Jennifer Lopez
8. Potpourri piece
9. "Zip-a-Dee-_-_"
10. Herman Melville's captain
11. Mirage, _ morgana
12. Mr. Hershiser
13. Nobleman
18. Tree servicing company
22. RIO 2016: _, anthem
23. Dedicate
24. Calls forth
26. Type of cat
30. Pasture places
32. State: French
33. RIO 2016: Apparatus in #44-Across, _ Bar
34. Worldwide relief agcy.
35. Actress, Jacqueline _
37. Vega constellation
38. RIO 2016: Pool separators
44. Mannered man
45. 'A.' of President James A. Garfield
46. RIO 2016: Olympic sport
48. Hippie t-shirt pattern
52. Factions
55. Swedish pop band
56. Pitfall
57. Saver of someone
58. Metallica's Mr. Ulrich
59. Fair
61. "Right back _ _!" (Likewise)
64. US speed meas.
65. 'Client' completer
66. 'Jacob' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For the next six weeks, you want to travel and explore! You also want to explore opportunities in publishing, the media, medicine, the law and higher education.

Taurus April 21 - May 21
Disputes about inheritances, debt and shared property might not be settled until October. Until then, be reasonable and patient, because this will help you.

Gemini May 22 - June 21
While Mars is opposite your sign for the next six weeks, it's easy to be impatient with others. (They seem to be so annoying!) After that, things return to normal.

Cancer June 22 - July 23
You're keen to work hard on the job to show others what you can do. Be careful you're not too bossy; ultimately, this is counter-productive.

Leo July 24 - Aug. 23
Competitive sports might be a strong focus for you in the next six weeks. You intend to go after what you want in terms of social plans, vacations and romantic intentions.

Virgo Aug. 24 - Sept. 23
Be patient with chaos and increased activity at home, because by October, this insanity will be history. Just go forward one step at a time. Relax.

Libra Sept. 24 - Oct. 23
Your communication skills are strong and forthright now, and they will stay that way until October. Use this to study, sell and write, but don't overwhelm anyone.

Scorpio Oct. 24 - Nov. 22
Your determination to boost your income is admirable. The trick is to reduce your spending. No matter how much you earn, if you spend more, you're in debt.

Sagittarius Nov. 23 - Dec. 21
You love the outdoors. Since Mars is in your sign until October, grab every chance you can to pursue physical sports and outdoor activities, because you need this outlet!

Capricorn Dec. 22 - Jan. 20
Secret love affairs, as well as behind-the-scenes activities, are your focus for the next six weeks. When in doubt, take the high road, because secrets eventually come out.

Aquarius Jan. 21 - Feb. 19
Competition with a friend or with a group through physical sports will be strong in the next six weeks. This same energy makes you a group leader.

Pisces
Feb. 20 - March 20
Your ambition is aroused much more than usual until October. You can use this energy to accomplish something important. Be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2		6			1		9	
				8			6	4
3		8	6	9				
6	3							
							5	9
				1	4	7		2
1	2			7				
	5		9			6		8

Difficulty Level ★★★★ 4/05

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